

# Keep Wellness Simple 30-Day Wellness Journal



## **Welcome!**

I'm so glad you're here.

You've just taken a powerful step toward improving your health—and you didn't need a prescription to do it.

This journal was created to help you *slow down, tune in*, and make wellness a part of your everyday life. Whether your goals are to lose weight, feel more energized, or reduce stress, this journal will help you build consistency and confidence through small, meaningful actions.

Each day, you'll track your meals, movement, water intake, and mindset. You'll also find space to reflect, refocus, and celebrate your wins—no matter how small. Wellness isn't about being perfect. It's about showing up for yourself, one decision at a time.

Let this journal be your daily dose of encouragement. You're not alone—I'm with you every step of the way.

Here's to 30 days of simple, powerful wellness.

With gratitude,

**Dr. Russ**

*Keep Wellness Simple™*

# Day 1

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 2

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 3

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 4

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 5

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 6

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Reflection

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# Day 7

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 8

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 9

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 10

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 11

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Reflection

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# Day 12

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 13

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 14

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 15

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 16

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 17

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 18

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 19

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 20

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 21

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 22

## ■ Affirmation / Intention

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 23

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 24

## ■ Affirmation / Intention

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 25

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Reflection

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# Day 26

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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# Day 27

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 28

## ■ Affirmation / Intention

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## ■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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# Day 29

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Reflection

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# Day 30

## ■ Affirmation / Intention

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## ■■ Meals

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## ■ Water Intake (check 8 circles)

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## ■ Movement / Exercise

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## ■ Mood / Gratitude

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## ■ Reflection

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