

Wellness Journal

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date								
Sleep Hours		PM - AM	PM - AM	PM - AM	PM - AM	PM - AM	PM - AM	PM - AM
Mood								
Energy								
Nutrition	Breakfast							
	Snack							
	Lunch							
	Snack							
	Dinner							
	Snack							
Water		☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐
Exercise								
Stretching								
Gratitude								
Self Care (What did I do for myself today)								
Feel Good (At least one thing that I did for myself to make me feel)								
Morning Reflection								
Evening Reflection								