DAILY Wellness Tracker

WATER · SLEEP · MOOD · MOVE

DATE : .....

WATER



Color one drop for every glass

MOOD



Circle how you feel today

SLEEP



1 2 3 4 5 6 7 8 9 10 11 12

Bed: ..... Up: .....

MOVEMENT

Steps: .....

Workout: .....

Minutes outside: .....

MEALS

Breakfast: .....

Lunch: .....

Dinner: .....

Snacks: .....

Fruit & veggies: .....

TODAY'S HABITS

- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....

GRATEFUL FOR

- ♥ .....
- ♥ .....
- ♥ .....

Take care of you, one day at a time.

BE KIND TO YOURSELF ♥

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