

# WELLNESS TRACKER

Week Of:

Primary Goal:

## Mood & Energy Frequency

MON

TUE

WED

THU

FRI

SAT

SUN

## Daily Maintenance

7+ Hours Sleep

Mindful Meditation

Physical Movement

Hydration Goal

Social Connection

Time Outdoors

## Weekly Reflection

One thing that brought me joy:

A challenge I navigated:

## Gratitude & Thoughts