

# HEALTH & WELLNESS BUDGET

Month/Year:

Total Budget:

EXPENSE CATEGORY	PLANNED (\$)	ACTUAL (\$)
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Gym / Fitness Membership

Therapy / Counseling

Supplements & Vitamins

Medical Copays

Organic / Specialty Groceries

Personal Care / Skincare

Wellness Apps / Subscriptions

Other:

Monthly Total

**Notes & Reflections:**

*"Health is a long-term investment, not a short-term expense."*