

DAILY WELLNESS TRACKER

Date: _____

MORNING ROUTINE

07:00 AM Morning Medications

08:00 AM Balanced Breakfast

08:30 AM Hydration (8oz Water)

09:00 AM Light Stretching / Walk

10:00 AM Personal Hygiene / Grooming

AFTERNOON ROUTINE

12:30 PM Lunch & Mid-day Meds

01:30 PM Hydration (8oz Water)

02:00 PM Cognitive Activity (Reading/Puzzle)

04:00 PM Rest / Quiet Time

EVENING ROUTINE

06:00 PM Dinner

07:00 PM Evening Medications

08:00 PM Hydration (Small glass)

09:00 PM Prepare for Bed

HEALTH VITALS

Blood Pressure: _____

Blood Sugar: _____

Weight: _____

Mood (1-10): _____

DAILY NOTES

Maintain consistency for better health outcomes.