

MONTHLY WELLNESS ROUTINE

Month: _____ Focus: _____

MON
TUE
WED
THU
FRI
SAT
SUN

Daily Intentions

10 Min Meditation
Gratitude Journaling
Device-Free Morning
8 Glasses of Water
Evening Stretching

Weekly Reflections

Nature Walk / Park Visit
Digital Detox (4+ Hours)
Creative Hobby Session
Connect with a Friend
Meal Prep for Balance

Reflections, Mood Patterns, and Monthly Wins...