

TOTAL BODY WELLNESS TRACKER

Week Of: _____ Focus Goal: _____

CATEGORY	M	T	W	T	F	S	S
Hydration 8+ Glasses							
Movement 30+ Minutes							
Nutrition Whole Foods							
Rest 7-8 Hours							
Mindfulness Meditation/Journal							
Mental Clarity & Mood							
1							
2							
3							
4							
5							
Physical Energy Level							
1							
2							
3							
4							
5							

Weekly Reflection & Breakthroughs