

FAMILY WELLNESS ACTIVITY CHART

Family Name:

Week Of:

DONE	DAILY ACTIVITY FOCUS	GOAL / INTENT
	Mindful Connection	15 mins of tech-free conversation
	Physical Movement	Family walk or stretching session
	Gratitude Sharing	One positive thing from everyone's day
	Creative Expression	Journaling, drawing, or music together
	Acts of Kindness	A small gesture for a family member
	Rest & Reflection	Early wind-down and quiet reading

WEEKLY REFLECTION / NOTES