

Wellness Tracker

Use this chart to *tune in* to your daily habits and how you're feeling. Observe how food + movement may affect your mood + energy, later in the day or even later in the week. Crack the code on the habits that help you *thrive*!

Week of _____

	Meals	Movement + Mood	Hydration	Rate the Day
Monday	Breakfast	Exercise		
	Lunch	Emotions + Energy		
	Dinner	Notes		
	Snacks			
Tuesday	Breakfast	Exercise		
	Lunch	Emotions + Energy		
	Dinner	Notes		
	Snacks			
Wednesday	Breakfast	Exercise		
	Lunch	Emotions + Energy		
	Dinner	Notes		
	Snacks			
Thursday	Breakfast	Exercise		
	Lunch	Emotions + Energy		
	Dinner	Notes		
	Snacks			
Friday	Breakfast	Exercise		
	Lunch	Emotions + Energy		
	Dinner	Notes		
	Snacks			
Saturday	Breakfast	Exercise		
	Lunch	Emotions + Energy		
	Dinner	Notes		
	Snacks			
Sunday	Breakfast	Exercise		
	Lunch	Emotions + Energy		
	Dinner	Notes		
	Snacks			

