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 Lunch Dinner Snacks	Exercise Emotions + Energy Notes		+
Tuesday	Breakfast Lunch Dinner Snacks	Exercise Emotions + Energy Notes		***
Wednesday	Breakfast Lunch Dinner Snacks	Exercise Emotions + Energy Notes		
Thursday	Breakfast Lunch Dinner Snacks	Exercise Emotions + Energy Notes		***
Friday	Breakfast Lunch Dinner Snacks	Exercise Emotions + Energy Notes		1
Saturday	Breakfast Lunch Dinner Snacks	Exercise Emotions + Energy Notes		*****
Sunday	Breakfast Lunch Dinner Snacks	Exercise Emotions + Energy Notes		***

Journal

Record your observations here, or take a few minutes to check in with yourself more deeply as you track your habits + rate your day.