



Wellness Journal Page

Morning Check-in

- Mood:   |   |   (Circle one)
- Energy Level: Low | Medium | High
- Today's intention or affirmation:

Mindful Eating & Hydration

- Breakfast:  _____
- Lunch:  _____
- Dinner:  _____
- Snacks:  _____
- Water intake (): _____ glasses

Healthy Habits Tracker

- Exercise/Movement: / Type: _____
- Self-care activity: / (Examples: stretching, meditation, skincare)
- Screen-free time: /

Evening Reflection

- Gratitude list (3 things I'm grateful for):
- One small win today:
- How did I feel overall? ★★★★★ (Rate your day!)

Meal Planning for the Week

Weekly Overview

- **Meal Prep Focus:** (e.g., balanced meals, quick recipes, high-protein)
- **Grocery List:** (List key ingredients you need)
- **Nutritional Goal:** (e.g., more veggies, less sugar, hydration boost)

Daily Meal Plan

| Day | Breakfast | Lunch | Dinner | Snacks |
|-----------|-----------|-------|--------|--------|
| Monday | _____ | _____ | _____ | _____ |
| Tuesday | _____ | _____ | _____ | _____ |
| Wednesday | _____ | _____ | _____ | _____ |
| Thursday | _____ | _____ | _____ | _____ |
| Friday | _____ | _____ | _____ | _____ |
| Saturday | _____ | _____ | _____ | _____ |
| Sunday | _____ | _____ | _____ | _____ |

Meal Reflection & Adjustments

- **Favorite meal of the week:**
- **What worked well?**
- **What needs improvement?**
- **Next week's goal:**