



# WEEKLY WELLNESS WORKSHEET

keep track of all the things that make or break your wellbeing in one easy to print-at-home worksheet

- EAT
- DRINK
- SLEEP
- CRAVE
- BE KIND
- HYDRATE
- MEDITATE
- WORK OUT
- TRY NEW THINGS



DIGITAL DOWNLOAD

A4 PRINTABLE

LANDSCAPE

## WEEKLY WELLNESS

MONTH

YEAR

	MON	TUE	WED	THU	FRI	SAT	SUN
wake up	7:00am						
sleep	7.5 hours						
energy level	okay						
breakfast	fasted						
lunch	green juice and lentil soup						
dinner	black bean burger & baked sweet potato						
snack(s)	almonds						
water	### /ll						
alcohol	1 glass wine						
craving(s)	chocolate!!!						
exercise	30 min walk						
mindfulness	Not today 😞						
practice kindness	sent Ella a card						
something new	skipped candy crush!						
bed time	10:45pm						

**BRAIN DUMP** loved talking to Franklin on the phone yesterday, call people more often!  
black beans make me bloated!! try pinto?

Book massage for next week!

