

Daily Wellness Tracker

STAY MOTIVATED, BUILD
MOMENTUM AND WATCH
YOUR PROGRESS.



HABIT TRACKING

How it works

Keeping track of your habits is one of the BEST ways to improve your health and life.

Habit tracking helps you **gain clarity**, **stay motivated**, and **build momentum** to move closer towards your goals.

How to Use Your Tracker

It's simple. **Each day, take a moment to jot down your daily food, water, and self-care activities.**

You can do this at the end of the day, or fill it in as you go. For example, right after your workout, jot down your daily exercise while you're still sweaty.

Tracking Do's & Don'ts

DO

- **Print it out:** If this tracker stays on your computer, there's a good chance you won't use it. So take a moment to print it out.
- **Put it in sight:** Post your tracker somewhere you'll see it everyday. The fridge or next to your desk are good options.

DON'T

- **Focus on perfection.** If you want to transform your health, you need to be consistent. But you *don't* need to be perfect! If you stumble, that's okay! Just acknowledge and get right back on track. Progress wins over perfection every time.

DAILY WELLNESS Tracker

TODAY IS _____


DAILY INTENTION _____

MEALS	
BREAKFAST	_____ _____ _____
LUNCH	_____ _____ _____
DINNER	_____ _____ _____
SNACKS	_____ _____ _____

WORKOUT _____


STEPS	
GOAL	ACTUAL

WATER



ONE DROP = 8 OZ

SLEEP



ONE zzz = ONE HOUR

SELF-CARE CHECKLIST

- MEDITATION
- MINDFULNESS
- BREATHWORK
- _____
- _____

I'M GRATEFUL FOR

1. _____
2. _____
3. _____

TO DO'S

- _____
- _____
- _____
- _____

NOTES

WEEKLY GOALS

WEIGHT	_____ _____ _____
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