

WELLNESS TRACKER



Month: _____

SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	⚡⚡⚡⚡⚡
M	_____	_____	⚡⚡⚡⚡⚡
T	_____	_____	⚡⚡⚡⚡⚡
W	_____	_____	⚡⚡⚡⚡⚡
T	_____	_____	⚡⚡⚡⚡⚡
F	_____	_____	⚡⚡⚡⚡⚡
S	_____	_____	⚡⚡⚡⚡⚡

GRATITUDE LIST

S	_____
M	_____
T	_____
W	_____
T	_____
F	_____
S	_____

HABIT TRACKER

	S	M	T	W	T	F	S
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○