

# WELLNESS LOG

**MTWTFSS**

DATE: .....

## MORNING ROUTINE:

- WAKE UP EARLY
- PRACTICE DEEP BREATHING FOR 5 MINUTES
- HYDRATE WITH A GLASS OF WATER
- STRETCH OR DO A QUICK YOGA SESSION

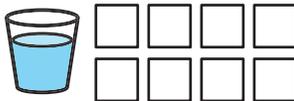
## PHYSICAL ACTIVITY:

- ENGAGE IN 30 MINUTES OF EXERCISE
- TAKE SHORT WALKS OR STRETCH BREAKS
- USE THE STAIRS INSTEAD OF THE ELEVATOR
- TRACK DAILY STEPS OR DISTANCE

## SELF-CARE:

- SET BOUNDARIES FOR WORK AND PERSONAL TIME
- DO SOMETHING YOU ENJOY FOR AT LEAST 15 MINUTES
- TAKE SHORT BREAKS TO RELAX OR DO A QUICK HOBBY
- DISCONNECT FROM SCREENS AT LEAST AN HOUR BEFORE BED

## WATER INTAKE:



## WELLNESS TIP OF THE DAY:

## GRATITUDE:

- I'M GRATEFUL FOR MY HEALTH
- I APPRECIATE MY LOVED ONES
- I'M THANKFUL FOR LIFE'S SIMPLE PLEASURES
- I'M GRATEFUL FOR NEW OPPORTUNITIES

## MINDFULNESS:

- PRACTICE 10 MINUTES OF MEDITATION
- PRACTICE GRATITUDE JOURNALING
- TAKE A FEW MOMENTS TO BREATHE DEEPLY
- MINDFUL EATING DURING MEALS

## REFLECTION:

- REFLECT ON YOUR ACHIEVEMENTS TODAY
- NOTE ANY CHALLENGES AND HOW YOU OVERCAME THEM
- CONSIDER WHAT YOU'RE GRATEFUL FOR TODAY
- SET A SMALL WELLNESS GOAL FOR TOMORROW

## NUTRITION:

- EAT A BALANCED BREAKFAST
- PLAN HEALTHY MEALS FOR THE DAY
- SNACK ON FRUITS OR NUTS
- STAY HYDRATED THROUGHOUT THE DAY

## NOTES:

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