

# Holistic Wellness Habit Tracker

week:

HABIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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...							
...							
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WEEK

HABIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# Daily Self-Care Journal

Date:

S M T W T F S

## Positive Things To Do

Blank writing area for positive things to do, consisting of eight horizontal white bars.

## Goals for My Body

Blank writing area for goals for my body, consisting of a large white rectangular box.

## Goals for My Mind

Blank writing area for goals for my mind, consisting of a large white rectangular box.

## My Daily Meal Plan

Breakfast

Blank writing area for breakfast meal plan, consisting of a white rectangular box.

Lunch

Blank writing area for lunch meal plan, consisting of a white rectangular box.

Dinner

Blank writing area for dinner meal plan, consisting of a white rectangular box.

*a little bit of gratitude*

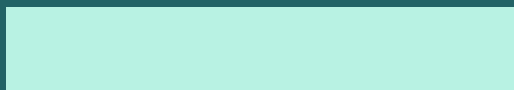
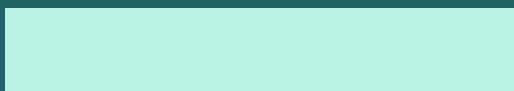
A series of 15 horizontal bars for writing, alternating in color: white, light grey, light blue, light green, white, light grey, light blue, light green, white, light grey, light blue, light green, white, light grey, light blue, light green.

# Overcoming Self-Limiting Beliefs Tracker

self-limiting belief



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# Productivity & Balance: Weekly Planner

WEEK:

MON

TUE

WED

THU

FRI

SAT

SUN

COMPLETED

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HABITS TRACKER

Habit	M	T	W	T	F	S	S
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TO-DO LIST

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NOTES

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# Monthly Mood Tracker

Mood Today



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Notes