



wellness
JOURNAL

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GOAL:

DUE DATE:

Action Items:

GOAL PLAN:

DREAM BIG
Notes, Ideas, Thoughts & More

GOAL COMPLETE

Whether you think you can or you think you can't, you're right. -Henry Ford



The first wealth is health. - Ralph Waldo Emerson

DATE:

DAILY GOAL:

food/exercise

calories

balance

Lined writing area for tracking food, exercise, calories, and balance.

vitamins

fruits & veggies



WORKOUT NOTES

Large empty box for workout notes.

water

something nice I did for myself today:

NOTES ABOUT MY DAY

Large empty box for notes about the day.

how much sleep I got last night:



The first wealth is health. - Ralph Waldo Emerson

DATE:

DAILY GOAL:

food/exercise

calories

balance

Lined area for writing daily goals and notes.

vitamins

fruits & veggies



water

something nice I did for myself today:

Lined area for writing about things done for oneself today.

how much sleep I got last night:

Lined area for writing about sleep duration.

WORKOUT NOTES section with a blank writing area.

NOTES ABOUT MY DAY section with a blank writing area.



