

Wellness Journal

Name:

Date:

Let's Make Wellness Fun!

Aspect	Rating (10-highest; 1-lowest)	Reflection Questions
Nutrition		<i>What did I eat today?</i>
Physical Activity		<i>How did I move my body?</i>
Sleep Duration		<i>How well did I sleep last night?</i>
Hydration		<i>How much water did I drink today?</i>
Mood and Groove		<i>How am I feeling today?</i>
		<i>What are my thoughts on my current state of health and wellbeing?</i>

		<i>What are my goals for my wellness journey?</i>
		<i>What steps have I taken towards these goals?</i>
Stress Level		
<i>Stay Inspired!</i>		
Attitude of Gratitude		<i>What am I thankful for today?</i>
A Quote to Keep Me Going		
Reflection Notes		