



# WELLNESS TRACKER

Month: \_\_\_\_\_

WEEK 1

## SPOT ENERGY LEAKS

WHAT'S DRAINING OR FUELING YOUR ENERGY RIGHT NOW?

ENERGY DRAINERS

ENERGY BOOSTERS

WHAT'S ONE ENERGY DRAINER TO REDUCE?

WHAT'S ONE ENERGY BOOSTER TO DOUBLE DOWN ON?

## SELF-CARE ACTIVITY

CHOOSE ONE SMALL, DOABLE WELLNESS HABIT TO PRACTICE DAILY. STACK IT WITH AN EXISTING ROUTINE.

MY MICRO-HABIT: \_\_\_\_\_

HABIT STACK FORMULA: AFTER I \_\_\_\_\_

I WILL \_\_\_\_\_

## ACT CONSISTENTLY

S M T W T F S

WHAT WILL I REPEAT NEXT WEEK?

WHAT WILL I RESET OR SHIFT NEXT WEEK?

## SLEEP TRACKER

TIME SLEPT

HOURS SLEPT

ENERGY LEVEL

S

M

T

W

T

F

## REFLECTION

TAKE TIME TO PAUSE, REFLECT ON YOUR WINS AND NOTE WHAT TO KEEP OR SHIFT.

3 WINS THIS WEEK

1 .

2 .

3 .

BREATHE. RESTORE. FIND HARMONY.