

WEEKLY WELLNESS CHECK-IN

CHECK IN. REFOCUS. REALIGN.
SMALL STEPS EACH WEEK LEAD TO BIG RESULTS.



YOU DON'T
HAVE TO BE
PERFECT.
JUST WILLING TO
KEEP GROWING.



WEEK OF: _____

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY REFLECTION
 MENTAL WELL-BEING I took care of my mind and managed stress in healthy ways.	☐	☐	☐	☐	☐	☐	☐	1 2 3 4 5
 PHYSICAL ACTIVITY I moved my body in a way that felt good.	☐	☐	☐	☐	☐	☐	☐	1 2 3 4 5
 NUTRITION I nourished my body with balanced meals and snacks.	☐	☐	☐	☐	☐	☐	☐	1 2 3 4 5
 HYDRATION I drank enough water throughout the day.	☐	☐	☐	☐	☐	☐	☐	1 2 3 4 5
 SLEEP I prioritized quality sleep and rest.	☐	☐	☐	☐	☐	☐	☐	1 2 3 4 5
 SELF-CARE I did something for myself that recharged me.	☐	☐	☐	☐	☐	☐	☐	1 2 3 4 5
 CONNECTION I spent quality time with people who uplift me.	☐	☐	☐	☐	☐	☐	☐	1 2 3 4 5



WEEKLY WINS

I'm proud of...









LOOKING AHEAD

Next week, I will...









YOUR WELLNESS IS A JOURNEY, **NOT A RACE.**
EVERY CHECK-IN IS A CHANCE TO CELEBRATE PROGRESS
AND CHOOSE BETTER FOR YOURSELF.

Keep growing!

