## Wellbeing Check-in Journal



## Daily Reflection

How did I feel today? **Daily Affirmations Things that worked** well for me today: **Today I'm grateful for:** Things I want to focus on today: Note to self:

## Health Planner

	Sleep	Meals	Fitness	Water		
Mon	Hours of sleep:  Quality of sleep:	Breakfast: Lunch: Dinner:	Activitites:			
Tue	Hours of sleep:  Quality of sleep:	Breakfast: Lunch: Dinner:	Activitites:			
Wed	Hours of sleep:  Quality of sleep:	Breakfast: Lunch: Dinner:	Activitites:			
Thu	Hours of sleep:  Quality of sleep:	Breakfast: Lunch: Dinner:	Activitites:			
Fri	Hours of sleep:  Quality of sleep:	Breakfast: Lunch: Dinner:	Activitites:			
Sat	Hours of sleep:  Quality of sleep:	Breakfast: Lunch: Dinner:	Activitites:			
Sun	Hours of sleep:  Quality of sleep:	Breakfast: Lunch: Dinner:	Activitites:			

## Self-care Checlist

Activity	M	Т	W	T	F	S	S
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