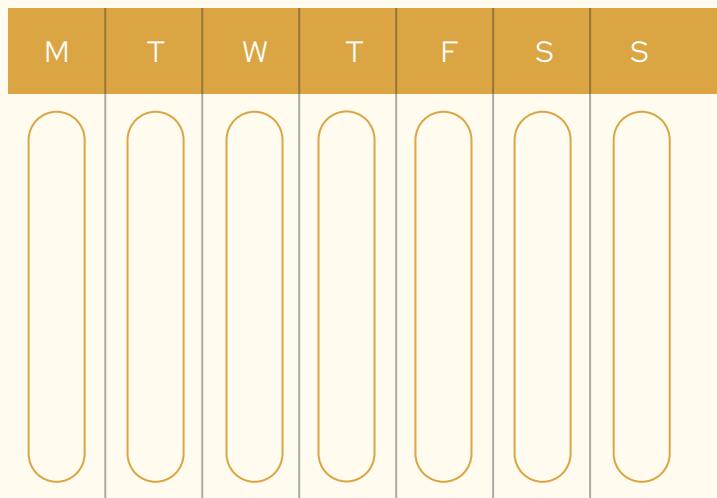


WELLNESS TRACKER

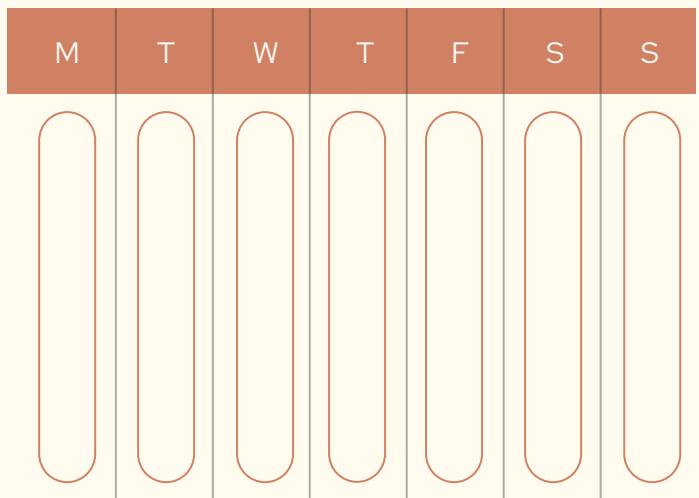
MORNING



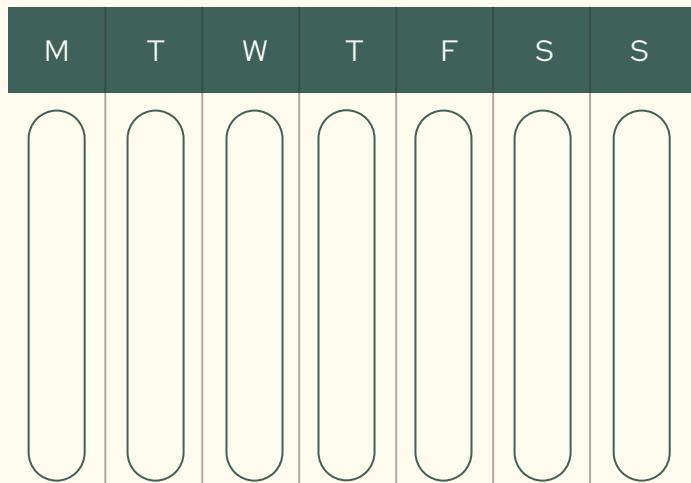
HOW DID MY ENERGY FEEL
EACH DAY?

THE BREATH IS THE
BRIDGE BETWEEN BODY
AND MIND

EVENING



WHAT WILL I PRIORITIZE FOR
MY WELLNESS NEXT WEEK?



- MIND _____
- BODY _____
- HEART _____

WRITE FREELY. DON'T CENSOR. JUST LET IT OUT.
