

WELLNESS PLANNER

wellit

Create an action
plan with step-by-
step guidance

HOW TO
USE THIS PLANNER

1. Identify your goal
2. Break it down into smaller steps
3. Set a timeline for each step
4. Track your progress

1
2
3
4

Step Tracker

Step	Start Date	End Date	Status
1			
2			
3			
4			

Goal Setting Tracker

Goal	Start Date	End Date	Progress

Mood Tracker

Date	Mood

THE AUTHOR



The Wellness For Life Workbook

Lingjun Ying



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