

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
4. Track your progress
5. Celebrate your achievements

1
2
3
4
5
6

Step Tracker

Step	Completed
1	
2	
3	
4	
5	
6	

Goal Setting Tracker

Goal	Start Date	End Date	Status

Mood Tracker

Date	Mood

THE AUTHOR



Wellness Workbook

Daniela Niemeyer



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