

WELLNESS PLANNER

wellit

Create an action
plan with step-by-
step guidance

HOW TO
USE THIS PLANNER

1. Identify your wellness goals
2. Break down your goals into smaller, actionable steps
3. Track your progress and celebrate your successes
4. Adjust your plan as needed

4
3
2
1

step tracker

Step	Completed
1	
2	
3	
4	

WELLNESS TRACKER

Date	Mood	Energy	Stress

Mood Tracker

Mood	Frequency
Happy	
Sad	
Stressed	
Tired	

THE AUTHOR



Wellness Workbook

S Nieto



Wellness Workbook:

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