








MY WEEKLY WELLNESS JOURNAL

WEEK: / /20

	Monday	Tuesday	wednesday	Thursday	Friday	Saturday	Sunday
Wake Up							
Water (Litres)							
Food Breakfast							
Food Lunch							
Food Dinner							
Food Snack							
Exercise							
Energy							
Bed Time							
Mood							
Total Hours of Sleep							
I'm Grateful For							






MOOD Level					
ENERGY Level	5	4	3	2	1



How to complete this journal for 7 days?

Monday

Wake Up	Enter here what time you woke up
Water	How many litres of water you drank?
Food Breakfast	Enter here your food intake e.g. 1 tomato, 1 slice of bread
Food Lunch	Enter here your food intake e.g. 1 tomato, 1 slice of bread
Food Dinner	Enter here your food intake e.g. 1 tomato, 1 slice of bread
Food Snack	Enter here your food intake e.g. 1 tomato, 1 slice of bread
Exercise	Enter here the amount of exercise you had e.g. 10 minutes walked to work
Energy	Enter here your energy level 1-5, 1 being lowest, 5 is high level of energy
Bed Time	Enter here what time you went to bed
Mood	Enter here your mood emoji
Total hours of sleep	Enter here how many hours you have slept E.g. 8 hours, 5 hours
I'm Grateful For	Enter here what you are grateful for E.g. I am grateful that I have a great job.

MOOD Level					
ENERGY Level	5	4	3	2	1