

## WELLNESS JOURNAL TEMPLATE%0A

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This wellness journal will help you to find that balance by reminding you of the little things that you can do each day to achieve your personal wellness goals. Maybe it's drinking more water or eating more vegetables, or finding a few minutes of "me" time in your busy day. Whichever goal you need help with, this journal will help you track your progress along the way.

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[WELLNESS JOURNAL](#). Wellness is all about looking after your body and your mind, and this journal is an excellent reminder to do both! The journal is broken up into six sections including diet, exercise, personal goals and inspiration, and you'll soon notice that paying attention to one area leads to taking greater care of another a happy

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I received product compensation from One A Day with Nature's Medley to write this post. All opinions are my own. Be sure to grab your free printable wellness journal at the bottom of this post! When I was younger, I really thought that being 'healthy' just meant eating less food and going to the gym. It wasn't until I had my kids (and my [28 Day Printable Wellness Journal Pages | The FitFilled Life](#)

Keep track of your body and mind with my printable Wellness Journal pages. Keeping a journal is a super great idea for those looking to either launch or continue to track their healthy lifestyle.

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At the end of the week, review your journal, and write in

the Specific Area(s) Where I Need Improvement section the areas where you feel you need improvement for a healthier lifestyle. WEEK OF 04/02 TO 04/08 Day of the Week Breakfast Lunch Dinner Snacks Physical Exercise and # of minutes Hours of Sleep Fruit Loops Sunday Banana 8 oz milk 1 slice of toast Turkey sandwich with lettuce, tomato

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We're more than halfway through the year. But that doesn't mean you should give up on the goals you set back on January 1. As students gear up to go back to school, it's the perfect time for you

#### **7 Reason to Keep a Health Journal | Wellness Mama**

Katie Wells, CTNC, MCHC, Founder and CEO of Wellness Mama, has a background in research, journalism, and nutrition. As a mom of six, she turned to research and took health into her own hands to find answers to her health problems.

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This gratitude journal template will encourage you to write about topics that will help create a happier future. The gratitude journal should be completed on five days of the week, with each entry taking just a few moments. Maintain the diary for one week. According to scientific studies, you should quickly notice the difference in mood and happiness, changes that may persist for months.

[How to Create a Wellness Plan \(with Pictures\) - wikiHow](#)

How to Create a Wellness Plan. A wellness plan is a plan of action geared towards achieving personal wellness. Personal wellness implies a state of multidimensional health and satisfaction. There are many dimensions to personal wellness.

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A journal is a record of your personal history all your right and wrong decisions, the people you met along the journey, and the important events that molded you for who you are today are written on it. As these writings pile up, they become a testament to the ups and downs of your life. All your worries and fears, your happiness and your tears everything is proof of who you were. You