

Wellness Journey

WELLNESS JOURNEY

Name: _____ Date: _____ dd / mm / yyyy

Goals

Motivations

Areas of Focus

PHYSICAL WELLNESS

Exercise plan

Nutrition strategies

Sleep routine

MENTAL AND EMOTIONAL WELLNESS

Stress management plan

Emotional health strategies

Mindfulness routine

SOCIAL WELLNESS

Plan for relationships

Community engagement strategies

CHALLENGES AND SOLUTIONS

Challenges

Solutions

PROGRESS TRACKING

Date: _____ dd / mm / yyyy

Remark

Reflections

Additional notes