



2023 WELLNESS TRACKER

DATE:

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

GOALS section with two numbered goal lines (1 and 2) and three horizontal lines for notes, repeated for each day.

My Day in 1 Word: section with a line for text, three mood icons (happy, neutral, sad), and a SLEEP RATING section with five stars.

SUPPLEMENT TRACKER section with a grid for tracking supplement intake, and a small tip: "Incorporate CBD into your wellness routine. Consistency is key."

WATER section with the word "WATER" and seven water drop icons for tracking hydration.

PEAKS section: Celebrate your accomplishments of the week, however big or small.

PITS section: Acknowledge the lows to start next week fresh.