

# WELLNESS JOURNAL

Date:

## Nutrition

Breakfast

Lunch

Supper

Snacks

## Vital signs

Blood Pressure

Pulse

Temperature

Oxygen

Blood sugar

Pain/Discomfort

## Wellness Log

Water Tracker



Exercise Log

Bowel movements

Mood Tracker



## Medications

Breakfast

Lunch

Supper

Bedtime

The best investment you will ever make is in your health

## Great things that happened today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Things I could use help with

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Other Notes

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