

Day 1

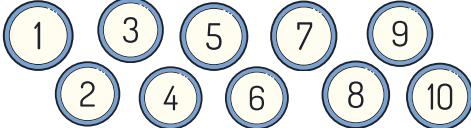
DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Well-Being Rating



Day 2

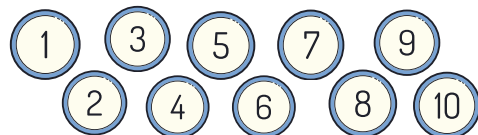
DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Well-Being Rating



Day 3

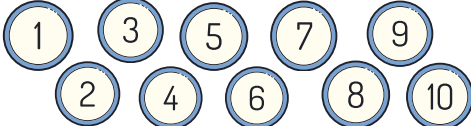
DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Well-Being Rating



Day 4

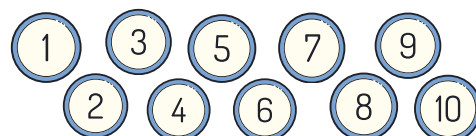
DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Well-Being Rating



Day 5

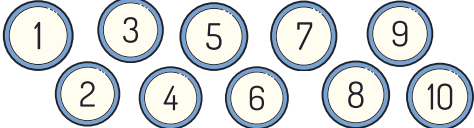
DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Well-Being Rating



Day 6

DATE:

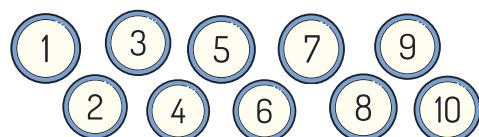
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating



Day 7

DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



Day 8

DATE:

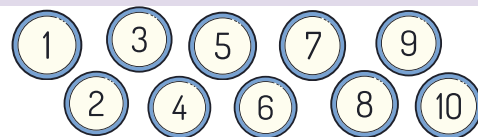
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 10 horizontal lines.

Well-Being Rating



Day 9

DATE:

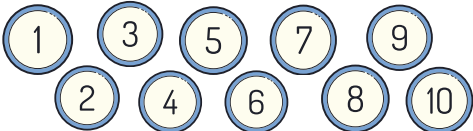
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating



Day 10

DATE:

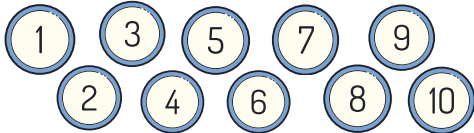
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 10 horizontal lines.

Well-Being Rating



Day 11

DATE:

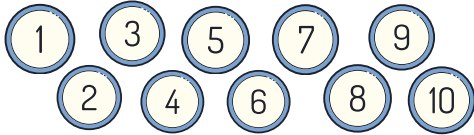
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal blue bars for writing.

Well-Being Rating



Day 12

DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 10 horizontal lines.

Well-Being Rating

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



Day 13

DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 10 horizontal lines.

Well-Being Rating

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



Day 14

DATE:

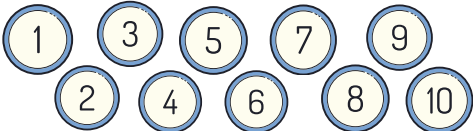
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 10 horizontal lines.

Well-Being Rating



Day 15

DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with horizontal lines.

Well-Being Rating

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



Day 16

DATE:

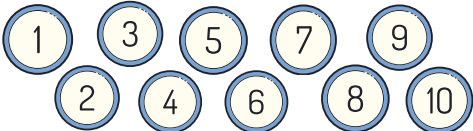
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections area with 10 horizontal lines for writing.

Well-Being Rating



Day 17

DATE:

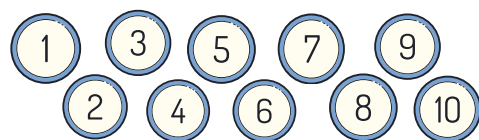
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating



Day 18

DATE:

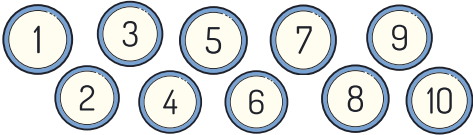
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal pink bars for writing.

Well-Being Rating



Day 19

DATE:

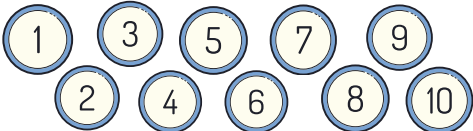
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with horizontal lines.

Well-Being Rating



Day 20

DATE:

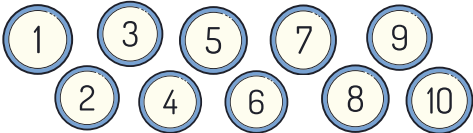
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 10 horizontal lines.

Well-Being Rating



Day 21

DATE:

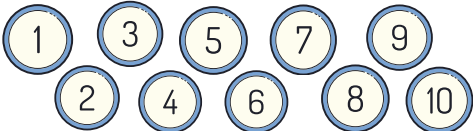
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal green bars for writing.

Well-Being Rating



Day 22

DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal green bars for writing.

Well-Being Rating

Well-being rating scale with numbers 1 through 10 in circles.



Day 23

DATE:

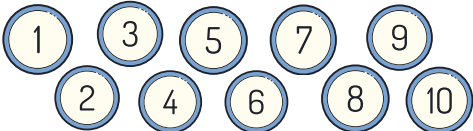
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal green bars for writing.

Well-Being Rating



Day 24

DATE:

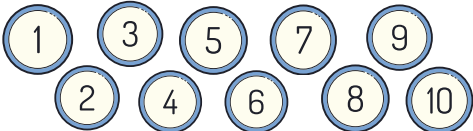
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 8 horizontal lines.

Well-Being Rating



Day 25

DATE:

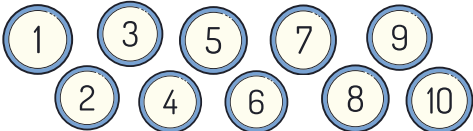
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections writing area with 10 horizontal lines.

Well-Being Rating



Day 26

DATE:

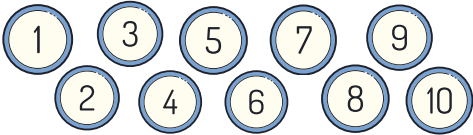
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal purple bars for writing.

Well-Being Rating



Day 27

DATE:

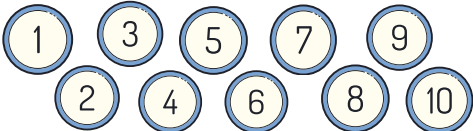
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating



Day 28

DATE:

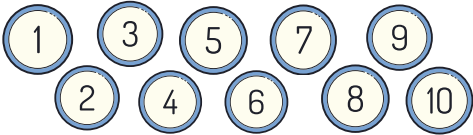
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating



Day 29

DATE:

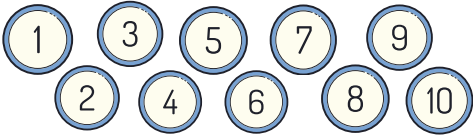
S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating



Day 30

DATE:

S M T W T F S

- Set intentions
- Journal
- Meditation
- Healthful Food
- Mindful activity
- Hydrate
- Exercise
- Went outside
- Reading

Reflections

Reflections section containing ten horizontal lines for writing.

Well-Being Rating

