

Wellness Tracker Bundle



by Bloomfolio

Take care of you. You deserve it.

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Mental Health Check-In

Date: _____ Week: _____

How are you feeling today?

= Great

=B Good

= Neutral

= Low

= \$ Stressed

Energy Level (circle one):

1

2

3

4

5

6

7

8

9

10

3 Things I'm Grateful For Today

1. _____
2. _____
3. _____

Daily Reflection

What went well today?

What do I want to do differently?

Today's Affirmation:

"I am capable of handling whatever comes my way."

(write your own below)

Fitness Log

Week of: _____

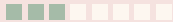






Weekly Goal: _____

Monday		min	/10	
Tuesday		min	/10	
Wednesday		min	/10	
Thursday		min	/10	
Friday		min	/10	
Saturday		min	/10	
Sunday		min	/10	

Notes / How I felt:

Nutrition Planner

Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks
Mon  water				
Tue  water				
Wed  water				
Thu  water				
Fri  water				
Sat  water				
Sun  water				

Self-Care Checklist

Daily non-negotiables for your best self.

MORNING ROUTINE

- Drank 16oz water on waking
- Moved my body (any kind)
- Ate a real breakfast
- 5 min mindfulness/journaling

BODY & HEALTH

- 8 hours of sleep
- Skincare routine
- Took vitamins/meds
- Went outside for fresh air

MENTAL & EMOTIONAL

- Set a boundary today
- Talked to someone I love
- Did something just for fun
- Unplugged for 30+ min

EVENING WIND-DOWN

- Tidied my space
- Planned tomorrow briefly
- Gratitude journaling
- Screen-free time before bed

Sticker Page

Cut out or use digitally in GoodNotes / Notability

**Self-care is
expensive**

**I work out...
my anxiety**

**Wellness guru
in training**

**Healthy mind,
healthy life**

**Glow up
season**

**You are worth
the investment**

**Small steps,
big results**

**Rest is
productive**

**Discipline =
Freedom**

**Progress not
perfection**

**Healing is not
linear**