



Habit Tracker

Habit	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Drink water							
2. Exercise							
3. Read books							
4. Meditate							
5. Eat healthy							
6. Sleep well							
7. Stay motivated							

Wellness Tracker

Today's Data Past Data

Time of Day	Mood	Energy	Stress	Sleep
7:00 AM	Happy	High	Low	8h
9:00 AM	Happy	High	Low	8h
11:00 AM	Happy	High	Low	8h
1:00 PM	Happy	High	Low	8h
3:00 PM	Happy	High	Low	8h
5:00 PM	Happy	High	Low	8h
7:00 PM	Happy	High	Low	8h
9:00 PM	Happy	High	Low	8h
11:00 PM	Happy	High	Low	8h
1:00 AM	Happy	High	Low	8h

Wellness Tracker

Wellness Score: 85

Wellness History

[illegible]

Wellness Goals

First Name: _____ Last Name: _____

Improve my diet	Yes ☐	No ☐
Exercise more often	Yes ☐	No ☐
Reduce stress	Yes ☐	No ☐

Comments: _____

Submit

[illegible][illegible]

Quick Start Wellness Planner

**Jeff Volek, Adam Campbell, Editors of
Men's Health Magazi**



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