

The image shows the front cover and a sample page of a 'Wellness Planner'. The cover is white with a purple spine and a purple decorative bar at the top. The title 'Wellness' is written in a large, elegant, purple cursive font, with a green lotus flower graphic above the 'ss'. Below it, the word 'PLANNER' is written in a smaller, purple, all-caps sans-serif font. The sample page, titled 'DAILY MOOD TRACKER', is partially visible below the cover. It features a purple box for 'TODAY'S LABEL:', a row of seven colored circles for mood tracking, and a line for 'Date:'.

A cup of green matcha latte with a swirl of foam, placed next to a 'DAILY HABIT TRACKER' and a 'DAILY WELLNESS' journal.



DAILY MOOD TRACKER

DATE: _____

TODAY'S LABEL: _____

DAILY MOOD SCALE

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

THINGS I AM GRATEFUL FOR:

Notes:

DAILY WELLNESS PLANNER

Wake Up Time: _____

Mood: () () () () () () () () () ()

Energy Level: () () () () () () () () () ()

Meals: _____

Exercise: _____

Self-Care: _____

Gratitude: _____

Thoughts: _____

Notes: _____

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Wellness Planner Quick Start

Deborah Hoglund



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