



Habit Tracker

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

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 Score: 85

Notes:

[illegible]

Wellness Goals

First Name: _____ Last Name: _____

☐ Improve my diet	☐ Exercise more often
☐ Reduce stress	☐ Increase energy
☐ Sleep better	☐ Feel more confident

Additional Comments: _____

Submit



Meal Planner

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	

[illegible]

Quick Start Wellness Planner

Dr. Dexter X. Freeman



Quick Start Wellness Planner:

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