

WELCOME TO YOUR WELLNESS TRACKER!

The goal of this tracker is to help you get honest about your lifestyle practices so you can improve your habits and feel your best over time. These are the categories I personally pay attention to, but feel free to add or customize to fit your own needs (you'll find an "Other" section in the tracker where you can add your own category if you want).

I chose these topics because they all greatly affect our immunity, mental clarity, energy and overall mood. For example, when you're drinking too much or not getting enough sleep, it's hard to have energy and easy to get sick. You get the picture!

HOW TO USE YOUR TRACKER

Take a moment at the end of each day to jot down each self-care activity in your tracker. Or if you prefer, fill it in as you go (for example, note how many hours of sleep you got right after you get up). Then at the end of the week, do a tally to see how well you did and which areas need some extra attention.

Keep in mind that we're not going for perfection here. This isn't meant to stress us out, it's only meant to be a reality check so that we can boost our self-care where and when needed. So be kind to yourself. And remember, your body is more forgiving and resilient than you think.

YOUR WELLNESS GOALS

I've included some general goals to target in each category. These goals are based on current research and recommendations. But listen to your body, consult with your doc when in doubt and do what's best for gorgeous YOU!

SLEEP: Good quality sleep is critical to your overall well-being. Try to get 7.5-8 hr per night. Each day, write down how many hours you got the night before in your Wellness Tracker. For tips to help you get better Zzzs, check out my [Ultimate Guide to Better Sleep here!](#)

EXERCISE: Moving your body helps boost your energy and mood, maintain healthy digestion, and so much more. Aim to exercise four to five times a week for 30-45 min per session. Vary your activities so you get a good mix of strength and aerobic exercise over the course of the week. Walk, run, dance, lift weights, do yoga or pilates, rock climb, stretch, play... have fun with it! Record what you do and for how long in your Wellness Tracker each day.

MINDFUL BREAKS: Taking a few 5-10 min breaks throughout the day will help reduce stress and increase joy. Step away from your computer, breathe, stretch or meditate. Add checkmarks to record how many breaks you take each day in your Wellness Tracker. This will help you identify patterns and adjust as needed. Pro tip: Set a timer on your phone to remind yourself to pause!

WATER: Hydration is the spring of life! Nourish your precious bod with plenty of H2O to feel your best. Divide your body weight in pounds by two to get the approximate amount of water in ounces that you need to drink per day (or divide your weight in kilograms by 30 to determine how many liters of water you need). In your Wellness Tracker, write how many ounces or liters you drink each day.

PLAY: Part of the renewing pillar is to have fun! Allow yourself regular, unstructured free time to follow your whimsy. Enjoy a hobby, travel, connect with friends, go dancing, be creative, soak in great art and fully re-charge. Just because you're a grown-up doesn't mean you don't need playdates! In fact, your soul comes alive through joy. So, if you crave a well-lived and impactful life, make fun a non-negotiable part of your schedule. Aim for at least 2+ playdates per week and record your merriment in your tracker.

FRUITS AND VEGGIES: Nature is the ultimate pharmacy! My #1 tip for wellness success is to eat your fruits and veggies. Here are the basic recommendations to follow:

- **Veggies:** 4+ servings daily (1 serving = ½ cup cooked veggies or 1 cup raw veggies).
- **Fruit:** 3+ servings daily (1 serving = ½ cup chopped/ sliced fruit, a tennis ball-sized piece).

Don't worry about hitting these numbers exactly. I try to eat veggies at each meal and include low-glycemic fruits in my smoothies. In your Wellness Tracker, add checkmarks to record the number of servings you eat each day.

WELLNESS TRACKER

WEEK OF _____

GOALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTALS
Fruits 3+ servings a day	  	  	  	  	  	  	  	21+ servings _____
Veggies 4+ servings a day	   	   	   	   	   	   	   	28+ servings _____
Water Ounces or Liters for my weight _____								My custom goal: _____ Total I drank: _____
Mindful Breaks 2x/day	 	 	 	 	 	 	 	14 breaks _____
Sleep 8hrs/night								56 hours _____
Exercise 30+ min/day	Min: _____ Activity:	Min: _____ Activity:	Min: _____ Activity:	Min: _____ Activity:	Min: _____ Activity:	Min: _____ Activity:	Min: _____ Activity:	210+ minutes _____
Play 2x/week								2+ playdates _____
Other _____								My custom goal: _____ My tally: _____