





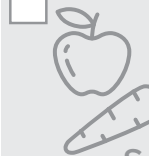


# Wellness TRACKER








MONTH \_\_\_\_\_

Want to achieve lasting results in 2024? Focus on creating healthy, sustainable habits!








## WEEK 1: Nutrition - Eat 2 servings of vegetables & 1 serving of fruit every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT








## WEEK 2: Drink 64+oz of water every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT

## WEEK 3: Exercise 10 to 20 minutes every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT

## WEEK 4: Prioritize sleep - 7 to 9 hours every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT