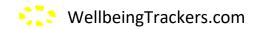
## **DAILY WELLBEING TRACKER**



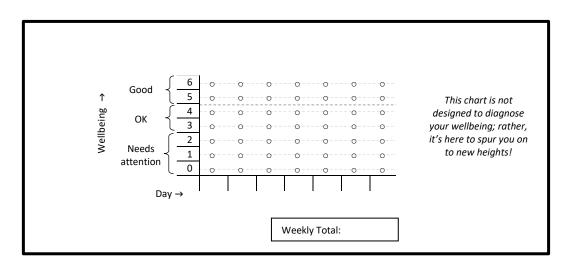
Name: Start Date:

Managing your wellbeing well will give you a long and healthy life while boosting your mental, emotional and physical energy. Think back <u>over the day</u> and mark the circle that fits best.

How well did you do at getting enough exercise today?					
Not so good	OK	Good	2   0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0		
0	1	2			

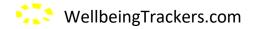
How well did you do at eating healthily, while avoiding snacking, processed food, and junk food?					
Not so good	ОК	Good	2   -000000000		
0	1	2	1 2 3 4 5 6 7		

How well did you do at enjoying life and keeping your stress levels low?				
Not so good	OK	Good	2 -0-0-0-0-0-0-0-0-0-0	
0	1	2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	



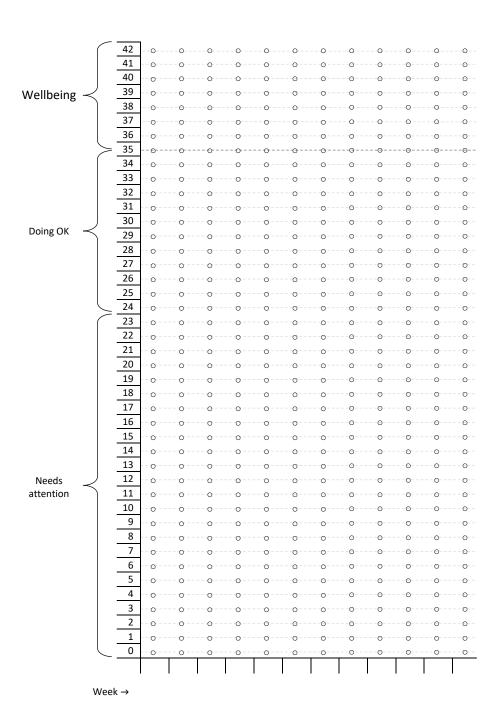
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## DAILY WELLBEING TRACKER - PROGRESS CHART



Name:	Start Date:

Just do one better than last week.



This chart is not designed to diagnose your wellbeing; rather, it's here to spur you on to new heights!

If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines.

This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice.

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