

The cover features a light purple background with two large, overlapping, teardrop-shaped abstract elements. One is a very light, almost white shade of purple, and the other is a medium purple. The text 'Wellness Journal' is centered in a dark purple, sans-serif font.

# Wellness Journal



Actor portrayals.

This journal belongs to:

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“Every moment is a fresh beginning.”

— T.S. Eliot

# How to use the Wellness Journal

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## Your space for reflection

As you navigate life's changes, we want to help you along the way. This journal allows you to track your journey and can make talking to your doctors a little easier.

### Daily Wellness

Take a few minutes each day to log your sleep, energy levels, activity, moods, and more. Use the bubble tracker, as shown below.

Less  More

### Health Check-Ins

Record any patterns you notice from your daily wellness notes, and answer the questions in the provided spaces.

### Notes

Use this space to store your doctor's information and jot down any questions you may want to ask at your next appointment.

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Keeping a log like this one can be really helpful for both your mental health and physical well-being.



Actor portrayals.

## Daily Wellness

Date

Hours of sleep

Mood

Energy level

Movement

Date

Hours of sleep

Mood

Energy level

Movement

What do you think played into your ratings?

What do you think played into your ratings?

Activity

Activity

What are you grateful for today?

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement

What do you think played into your ratings?

Activity

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement

What do you think played into your ratings?

Activity

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement



What do you think played into your ratings?

Empty text box for reflection on ratings.

Activity

Empty text box for activity description.

What are you grateful for today?

Empty text box for gratitude journaling.

Remember to revisit this section when you fill out the **Health Check-In** pages located later in this journal

“Let nothing dim the light that shines from within.”

— Maya Angelou

Date

Hours of sleep

Mood

Energy level

Movement

Date

Hours of sleep

Mood

Energy level

Movement

What do you think played into your ratings?

What do you think played into your ratings?

Activity

Activity

What are you grateful for today?

What are you grateful for today?



Date

Hours of sleep

Mood

Energy level

Movement

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Mood

Energy level

Movement

What do you think played into your ratings?

Activity

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement

What do you think played into your ratings?

Activity

What are you grateful for today?



**Maintain your physical and mental health.**

Get plenty of sleep, eat healthy, and be as active as you can. That could mean doing simple chair exercises or going for a walk. As always, talk to your doctor about which activities are right for you.

Remember to revisit this section when you fill out the **Health Check-In** pages located later in this journal

Date

Hours of sleep

Mood

Energy level

Movement

What do you think played into your ratings?

Activity

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement

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Energy level

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Energy level

Movement

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Activity

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement



What do you think played into your ratings?

Empty rounded rectangular box for notes.

Activity

Empty rounded rectangular box for notes.

What are you grateful for today?

Empty rounded rectangular box for notes.

Remember to revisit this section when you fill out the **Health Check-In** pages located later in this journal

“ Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying ‘I will try again tomorrow.’ ”

— Mary Anne Radmacher

Date

Hours of sleep

Mood

Energy level

Movement

What do you think played into your ratings?

Activity

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement

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Mood

Energy level

Movement

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Mood

Energy level

Movement

What do you think played into your ratings?

Activity

What are you grateful for today?

Date

Hours of sleep

Mood

Energy level

Movement



What do you think played into your ratings?

Empty rounded rectangular box for notes.

Activity

Empty rounded rectangular box for activity notes.

What are you grateful for today?

Empty rounded rectangular box for gratitude notes.

Remember to revisit this section when you fill out the **Health Check-In** pages located later in this journal



**Do things you love.**

Try to carve out time to see friends, relax in the garden, or watch a movie. As always, talk to your doctor about what activities are right for you.





Actor portrayals.

## Health Check-Ins

Date

How are you feeling?

What is going well?

Note any changes to share with your doctor

Test results

eg, step count, blood pressure, weight

Date

How are you feeling?

What is going well?

Note any changes to share with your doctor

Test results

eg, step count, blood pressure, weight

Date

How are you feeling?

What is going well?

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Test results

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Date

How are you feeling?

What is going well?

Note any changes to share with your doctor

Test results

eg, step count, blood pressure, weight



Actor portrayals.

Notes

Use this space to keep a record of your healthcare team and take any notes important to you.

Healthcare partner (eg, primary doctor, cardiologist, etc)

Name

Phone number

Notes

Healthcare partner (eg, primary doctor, cardiologist, etc)

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Phone number

Notes

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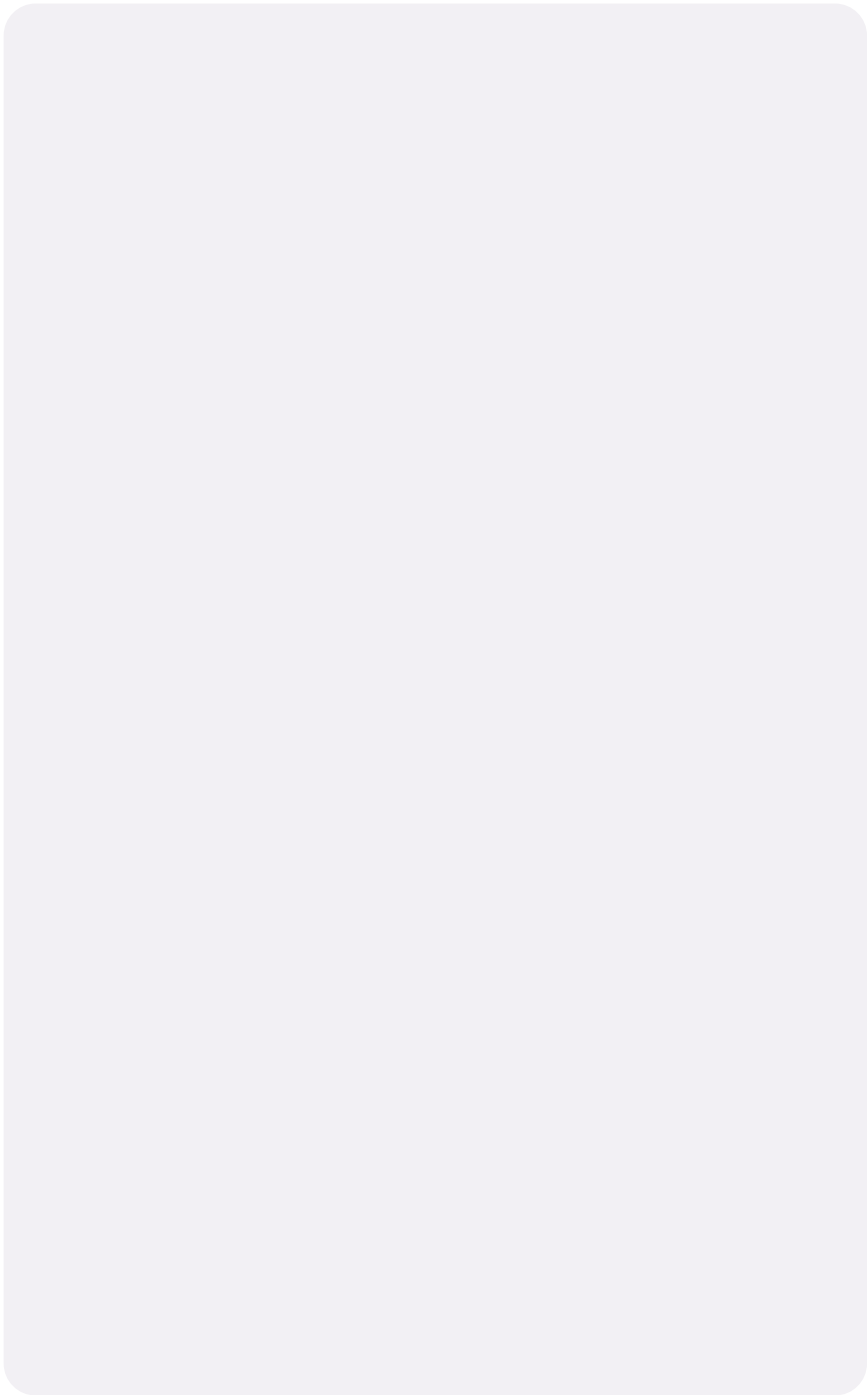
Healthcare partner (eg, primary doctor, cardiologist, etc)

Name

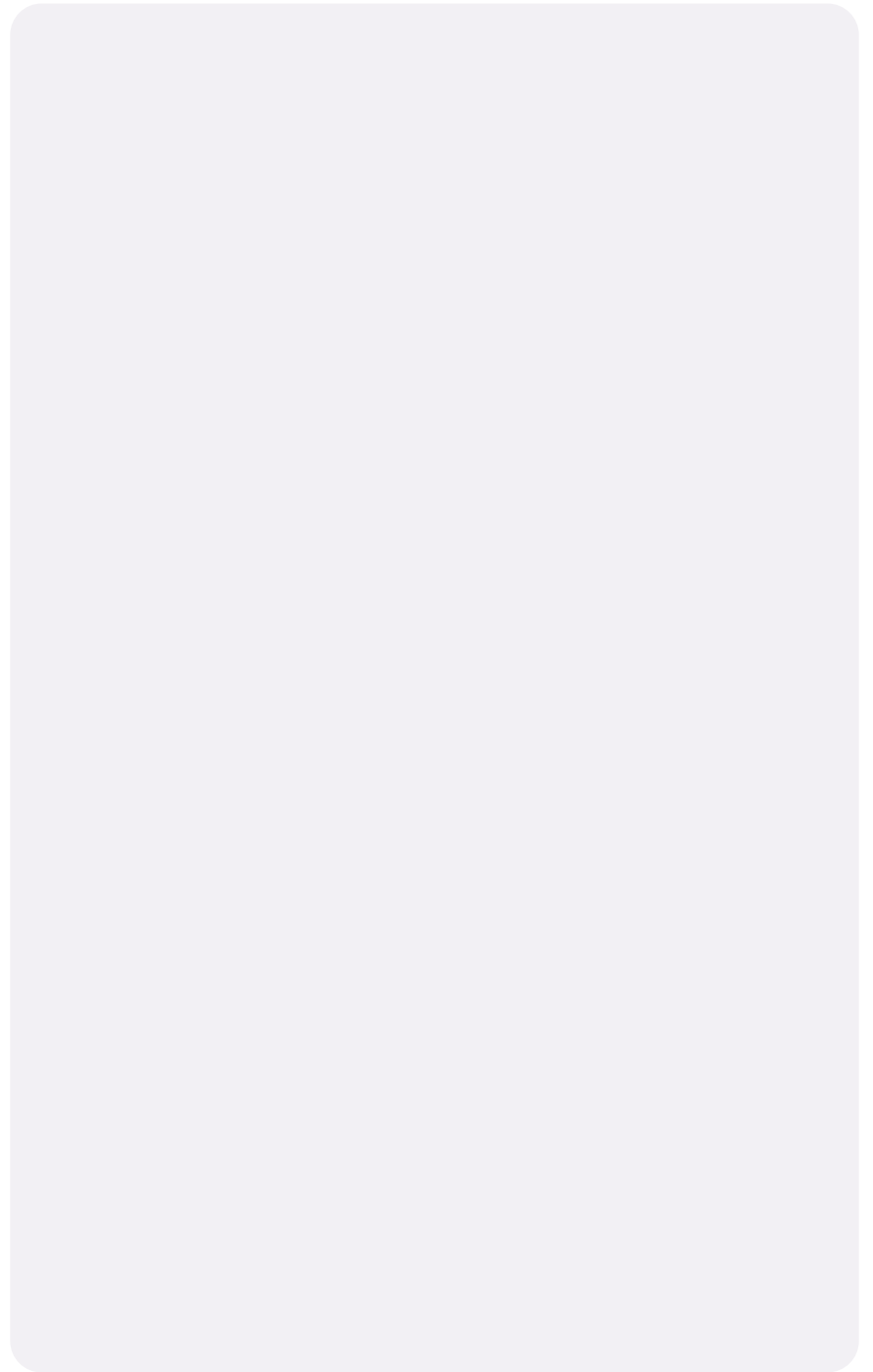
Phone number

Notes

Notes



Notes





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