



7-Day Beginner Wellness Planner

Simple daily habits for healthier living.

Printable Wellness Tracker • Free Download

Daily Wellness Tracker

Date: _____

• Hydration

Track 8 glasses of water:

• Movement

Workout Walk Stretching

• Sleep

Hours slept: _____

Sleep quality: Poor / Fair / Good / Great

• Mood Tracker

Great Good Okay Low Energy

• Energy Level

1 2 3 4 5
Low High

• Today's Intention

Write your focus for today:

Daily Habit Checklist

Check off each habit as you complete it today.

Date: _____

	Done
<input type="checkbox"/> Drink Water Aim for 8 glasses throughout the day	<input type="radio"/>
<input type="checkbox"/> Move Your Body Walk, run, dance — anything counts	<input type="radio"/>
<input type="checkbox"/> Stretch Even 5 minutes makes a difference	<input type="radio"/>
<input type="checkbox"/> Healthy Meal Choice One nutritious choice today	<input type="radio"/>
<input type="checkbox"/> Mindful Break Pause, breathe, reset	<input type="radio"/>
<input type="checkbox"/> Early Sleep Routine Wind down 30 min before bed	<input type="radio"/>
<input type="checkbox"/> Gratitude Moment Write one thing you're thankful for	<input type="radio"/>

Today I completed ____ / 7 habits

Tip: Start with just 3 habits and build from there.

Notes

Weekly Reflection

Take a moment to reflect on your week.

01 • What went well this week?

02 • What felt challenging?

03 • One wellness habit I want to improve.

"Every small step counts. Keep going."

Weekly Wellness Goals

Set your intentions for the week ahead.

01 ● Movement Goal

02 ● Hydration Goal

03 ● Sleep Goal

04 ● Self-Care Goal

"Set goals that excite you, not exhaust you."