



Wellbeing Journal

*Health is not the absence of disease, it is a dynamic
curiosity for ever greater potential and vitality,
supported by physical, mental, and social wellbeing.*



Wellbeing Journal

		Day:	Date:
		Bedtime last night:	Woke up this morning:
		Hours of Sleep	
Mood			
Energy			
Nutrition and Hydration	Nutrient aim		
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Water	0 0 0 0 0 0 0 0	
Exercise			
Movement snack			
Gratitude			
How to support my Mental health today			
How to support my social self today			
Morning Reflection			
Evening Reflection			



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