

Your Name _____

Day/Week _____

My Wellness: Everyday Focus

Staying focused and thinking about health and wellness on a daily basis is the best way to gain momentum, be consistent, and reach your goals. Use this worksheet to write out your ideas and stay focused on balancing what is most important to you on your journey towards better health and wellness.

Fundamentals

Fresh Foods

Fitness

Family and
Friends

Faith

Finances

Fun