



Daily Wellness Tracker

Monday

Today I am grateful for:

How I plan to sweat:

5 min of fun: (ex: dance in your kitchen)

Tuesday

Today I am grateful for:

How I plan to sweat:

5 min of fun:

Wednesday

Today I am grateful for:

How I plan to sweat:

5 min of fun:

Thursday

Today I am grateful for:

How I plan to sweat:

5 min of fun:

Friday

Today I am grateful for:

How I plan to sweat:

5 min of fun:

Saturday

Today I am grateful for:

How I plan to sweat:

5 min of fun:

Sunday

Today I am grateful for:

How I plan to sweat:

5 min of fun:

be in love
with your life.
Every minute
of it.