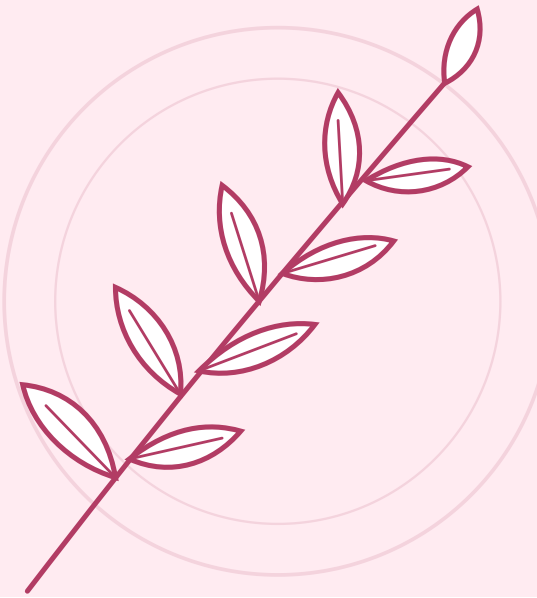
Core Wellness Tracker

Four small daily basics: water, sleep, vitamins and mood. The easiest way to restart healthy habits after a busy or tough season.



THIS TRACKER BELONGS TO

STARTED ON

INSIDE

02 Why these four habits — start
03 Weekly core tracker — weekly
04 Weekly core plus — weekly
05 Monthly core tracker — monthly
06 Sleep and mood log — monthly
07 Monthly reflection — monthly

> Start with these four. When they feel easy, pair this tracker with the Wellness Planner to add goals, routines and more habits.

START HERE

Why these four habits

Small basics with a big effect on energy, focus and mood.

After a season of busyness or self-neglect, start small. Four simple basics, done most days, quietly change how you feel.

☐ Water

GOAL Drink regularly through the day

Many people feel more alert with steady hydration. Eight glasses is a handy everyday reminder; your needs vary with heat, activity and health, so follow your thirst and your doctor's advice.

☐ Sleep

GOAL Aim for 7 to 9 hours

Most adults need 7 to 9 hours. A regular wake-up time, daylight in the morning and a calm last hour before bed help the most.

☐ Vitamins

GOAL Take what you've been advised

If your doctor or pharmacist has recommended a supplement or medication, a tick box makes it easy to remember. No need to add anything new on your own.

☐ Mood

GOAL Notice, don't judge

A quick 1 to 5 rating helps you spot patterns: how sleep, food, movement and people affect the way you feel.

HOW TO MAKE IT STICK

1. **Keep it visible.** Stick the weekly page on the fridge or inside your planner where you'll see it every day.
2. **Track at the same time.** Fill it in each evening, or link it to brushing your teeth.
3. **Make it easy.** A water bottle on your desk, vitamins next to the kettle, a bedtime alarm on your phone.
4. **Aim for most days.** Missing a day is normal. Just tick the next one. Progress, not perfection.

A gentle note. This tracker is a self-care tool, not medical advice. Talk to a doctor about supplements, sleep problems or low mood that lasts. In a crisis, call or text 988 (US) or your local emergency number.

WEEKLY

Weekly core tracker

Week of _____

	WATER · 8 GLASSES	SLEEP	VITAMINS	MOOD 1 TO 5	NOTE
Monday	○ ○ ○ ○ ○ ○ ○ ○	Hours _____ ○ Rested ○ Tired	○	1 2 3 4 5	
Tuesday	○ ○ ○ ○ ○ ○ ○ ○	Hours _____ ○ Rested ○ Tired	○	1 2 3 4 5	
Wednesday	○ ○ ○ ○ ○ ○ ○ ○	Hours _____ ○ Rested ○ Tired	○	1 2 3 4 5	
Thursday	○ ○ ○ ○ ○ ○ ○ ○	Hours _____ ○ Rested ○ Tired	○	1 2 3 4 5	
Friday	○ ○ ○ ○ ○ ○ ○ ○	Hours _____ ○ Rested ○ Tired	○	1 2 3 4 5	
Saturday	○ ○ ○ ○ ○ ○ ○ ○	Hours _____ ○ Rested ○ Tired	○	1 2 3 4 5	
Sunday	○ ○ ○ ○ ○ ○ ○ ○	Hours _____ ○ Rested ○ Tired	○	1 2 3 4 5	

Mood: 1 low · 2 meh · 3 okay · 4 good · 5 great

Fill one drop per glass and the circle when you've taken your vitamins.

THIS WEEK I NOTICED

NEXT WEEK I'LL TRY

Weekly core plus

Ready for a little more? The four core habits plus six gentle extras.

Week of _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Water glasses	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○
Sleep hours							
Bedtime lights out							
Vitamins as advised	○	○	○	○	○	○	○
Mood 1 low · 5 great	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Energy 1 low · 5 high	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Movement any minutes							
Fresh air time outside	○	○	○	○	○	○	○
Veg and fruit servings							
Screen-free hour before bed	○	○	○	○	○	○	○

BEST DAY THIS WEEK AND WHY

ONE SMALL UPGRADE

MONTHLY

Monthly core tracker

Month _____

CORE HABITS THIS MONTH

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Water glasses	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep hours	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vitamins taken	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯
Mood 1 to 5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Write the number of glasses, hours and your 1 to 5 mood in the squares

◯ Fill when taken

MOOD THIS MONTH

Color each day: pick a color for each mood and fill the key below.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

◯ Great ◯ Good ◯ Okay ◯ Meh ◯ Low

DAYS I FELT BEST HAD

Look for links: sleep, water, movement, people.

MY AVERAGES

Glasses of water a day _____

Hours of sleep _____

Vitamin days _____

Average mood _____

MONTHLY

Sleep and mood log

Month _____

DAY	BED	WAKE	HOURS	SLEEP QUALITY	MOOD	WHAT MIGHT HAVE AFFECTED IT
01				1 2 3 4 5	1 2 3 4 5	
02				1 2 3 4 5	1 2 3 4 5	
03				1 2 3 4 5	1 2 3 4 5	
04				1 2 3 4 5	1 2 3 4 5	
05				1 2 3 4 5	1 2 3 4 5	
06				1 2 3 4 5	1 2 3 4 5	
07				1 2 3 4 5	1 2 3 4 5	
08				1 2 3 4 5	1 2 3 4 5	
09				1 2 3 4 5	1 2 3 4 5	
10				1 2 3 4 5	1 2 3 4 5	
11				1 2 3 4 5	1 2 3 4 5	
12				1 2 3 4 5	1 2 3 4 5	
13				1 2 3 4 5	1 2 3 4 5	
14				1 2 3 4 5	1 2 3 4 5	
15				1 2 3 4 5	1 2 3 4 5	
16				1 2 3 4 5	1 2 3 4 5	
17				1 2 3 4 5	1 2 3 4 5	
18				1 2 3 4 5	1 2 3 4 5	
19				1 2 3 4 5	1 2 3 4 5	
20				1 2 3 4 5	1 2 3 4 5	
21				1 2 3 4 5	1 2 3 4 5	
22				1 2 3 4 5	1 2 3 4 5	
23				1 2 3 4 5	1 2 3 4 5	
24				1 2 3 4 5	1 2 3 4 5	
25				1 2 3 4 5	1 2 3 4 5	
26				1 2 3 4 5	1 2 3 4 5	
27				1 2 3 4 5	1 2 3 4 5	
28				1 2 3 4 5	1 2 3 4 5	
29				1 2 3 4 5	1 2 3 4 5	
30				1 2 3 4 5	1 2 3 4 5	
31				1 2 3 4 5	1 2 3 4 5	

Quality and mood: 1 low · 5 great. Notes: caffeine, late screens, stress, exercise, a nap, cycle, travel.

MONTHLY

Monthly reflection

Look back gently and pick one small next step.

Month _____

WHAT FELT EASIEST

WHAT WAS HARDEST

PATTERNS I NOTICED

For example: better mood after 7+ hours of sleep.

WHAT HELPED ME STAY ON TRACK

NEXT MONTH, I'LL ADD ONE SMALL HABIT

Ideas: a 10-minute walk, vegetables at lunch, a stretch before bed, a screen-free last hour, five minutes outside in the morning.

I'M PROUD OF

A KIND REMINDER TO MYSELF