















Wellness TRACKER MONTH _____

Want to achieve lasting results in 2023? Focus on creating healthy, sustainable habits!








WEEK 1: Nutrition - Eat 2 servings of vegetables & 1 serving of fruit every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT








WEEK 2: Drink 64+oz of water every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT

WEEK 3: Exercise 10 to 20 minutes every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT

WEEK 4: Prioritize sleep - 7 to 9 hours every day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
SUN	MON	TUE	WED	THU	FRI	SAT