



Weekly Wellness Planner

BREAKFAST

LUNCH

DINNER

Week: _____

MONDAY

Water: ○○○○○○○○

Movement: ○

TUESDAY

Water: ○○○○○○○○

Movement: ○

WEDNESDAY

Water: ○○○○○○○○

Movement: ○

THURSDAY

Water: ○○○○○○○○

Movement: ○

FRIDAY

Water: ○○○○○○○○

Movement: ○

SATURDAY

Water: ○○○○○○○○

Movement: ○

SUNDAY

Water: ○○○○○○○○

Movement: ○

Weekly wins - Celebrate!

- _____
- _____
- _____
- _____
- _____

Shopping List:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes: