



WELLNESS JOURNAL

WHAT TO RECORD & How

A wellness journal is very important when making lifestyle changes. It helps to keep you motivated and it shows the progress you are making. It also helps to identify problem areas in your life where by you may be sabotaging your own efforts. The attached sheet is laid out for you in a general form. Be sure you can record:

- When you woke up
- How long you slept
- When you exercised
- How long you exercised
- Your exercise intensity
- What you eat throughout the day
- When you ate
- How you feel emotionally
- How you feel physically
- Any key stressors
- Ways you dealt with stressors

Sleep - Record how long you slept and the quality of sleep you had.

Exercise - Record how long you exercised, the intensity of that exercise, the type of exercise, and when you exercised.

Diet - Self explanatory. Right down what you ate, when, and how much.

Emotions - It is also important to keep track of your emotional state. Stress lowers metabolism, and laughter increases it. Plus you will stay more motivated and can identify problems along the way.

Use more than one page if necessary. If you have this electronically you can use the PDF reader to fill in this worksheet on the computer.

Note: This worksheet is not intended to take the place of your doctor, therapist, or health professional. It is for educational use only. Copyright © 2017 www.BodyMindHealthCoach.com

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DATE: _____

NAME: _____

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