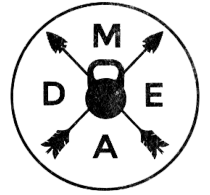


DAILY WEEKLY WELLNESS PLANNER



DAILY/WEEKLY GOAL:

PHYSICAL GOAL:

MENTAL GOAL:

THIS WEEK I WANT TO ACCOMPLISH:

TODAY/THIS WEEK I WANT TO FEEL:

3 THINGS I AM GRATEFUL FOR:

1.)

2.)

3.)

