

Weekly Wellness Log

Use this tool to help you honor your wellness. Consider printing it out and keeping it next to your computer. Complete each week. And remember: the small steps are the big steps!

SELF



Sleep



Move



Fuel



Grow

What I noticed about myself this week:

SOCIAL



Inner Circle



Community



Recharge

What I noticed about myself this week:

SCHOOL



Coach/Counselor



Buddy Bench



End of Day Energy

What I noticed about myself this week:

SALSA



Nature



Laughter



My Thing!

What I noticed about myself this week: