



Unlock
Wellness
Journal

Key Family Healthcare, PLLC



Wellness Goals

Start Date:

:End Date

DAILY PLAN

DEADLINE

WEEKLY PLAN

DEADLINE

HABITS

S

M

T

W

T

F

S

NOTES



Meal Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Daily Insight

Date:

SIMITIWITIFIS

MY WINS

THINGS I'M GRATEFUL FOR

MY STRUGGLES

MY GOAL FOR TOMORROW



Daily Insight

Date:

SIMITIWITIFIS

MY WINS

THINGS I'M GRATEFUL FOR

MY STRUGGLES
& WORRIES

MY GOAL FOR TOMORROW



Sleep Tracker

Start Date:

:End Date

DAILY PLAN

HOURS

1 2 3 4 5 6 7 8 9 10

SCHEDULE

NOTES



Mood Tracker

Start Date:

:End Date



HAPPY



MEDIUM



SAD

Daily Positive Thoughts

Date: _____ :Day

1

2

3

4

5

6

7

8

9

10

11

12

13



My Self Affirmations

List Out A Few Positive Self Love Affirmations You Can Say to Yourself

1

2

3

4

5

6

7

8

9

10

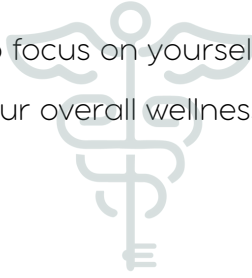
11

12

13

Self Care Challenge

Spend 5-10 minutes each day learning to focus on yourself. It's not selfish and is very important for your overall wellness!



MESSAGE 3
FRIENDS

CHANGE
YOUR
SHEETS

PLANT
SOMETHING

MAKE A
GOAL LIST

WORKOUT

SLEEP
EARLY

PRACTICE
AN OLD
HOBBY

BURN A
CANDLE

STAY
HYDRATED

WARM
BATH

PLAN A
VACATION

WATCH A
FUNNY
MOVIE

FAVORITE
DESERT

LEARN NEW
SKILL

MAKE A
PLAYLIST

MAKE A
MOOD
BOARD

LISTEN TO
A NEW
PODCAST

STRETCH

CELEBRATE

WEEKLY
PLAN

SPA NIGHT

TREAT
YOURSELF

FAVORITE
MOVIE

FAVORITE
DINNER

GRATITUDE
LIST

Thank You

I am here to support you in every way you need on this journey. Please do not hesitate to reach out for support, clarity, guidance or further information to help make this program as successful as you need it to be! I look forward to watching you transform your life into the experience you dream of.

"Don't make feeling better an option for yourself-make it your big dream. Don't make self-care an option; make it your daily lifetime commitment. Don't make becoming who you want to be-and loving who you are-goals for the future; start right now!"

Aviva Romm, MD,
Author

Let's Be Friends



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Unlock
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