Monthly Wellness Tracker

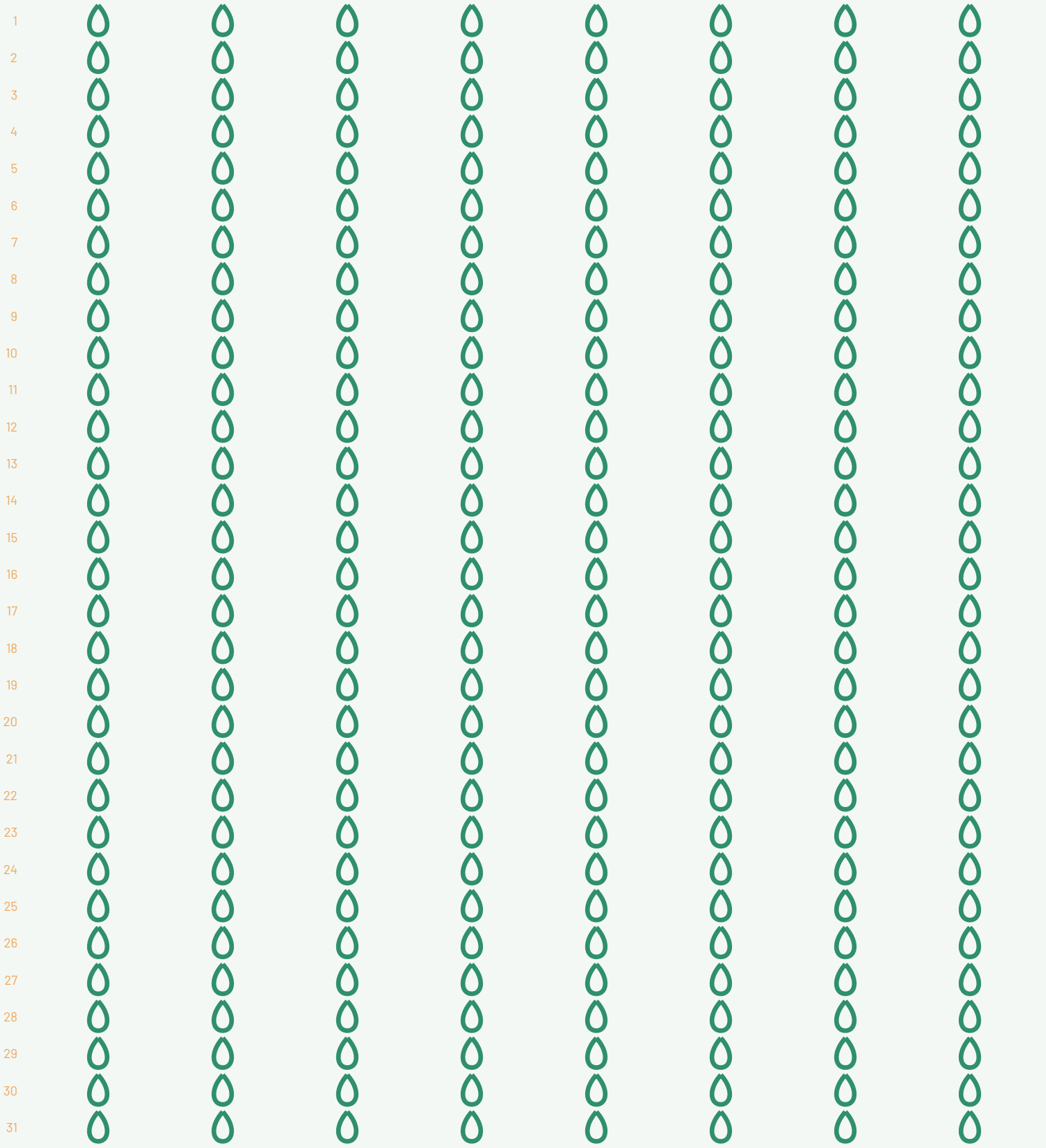
Month _____ Colour a square each day you hit it

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
8 glasses water																															
7+ hours sleep																															
30 min movement																															
Fruit & veg x5																															
No phone in bed																															
Stretch / mobility																															
Outside 15 min																															
Vitamins																															
Journal																															
No added sugar																															

This month I'm proud of

Water Intake

8 drops a day — colour as you drink



craftyfig.com · free printable for personal use

Sleep Log

Bedtime · wake time · hours · quality 1–5

DAY	BEDTIME	WAKE	HOURS	QUALITY	CAFFEINE AFTER 2PM?	NOTES

Mood & Energy Calendar

Pick a colour key and fill each day

☐ Great ☐ Good ☐ Okay ☐ Low ☐ Stressed

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35

Patterns I noticed

craftyfig.com · free printable for personal use

Daily Wellness Check-In

Make copies — one per day

Date & intention

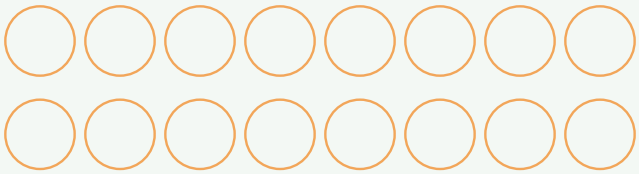
Movement

- ☐ Walk
- ☐ Workout
- ☐ Stretch
- ☐ Sport / play

Nutrition

- ☐ Protein each meal
- ☐ 5 fruit & veg
- ☐ Home-cooked
- ☐ Mindful snacks

Water



Sleep

Bed _____ Wake _____

Hours _____ Rested? Y / N

Gratitude & reflection

craftyfig.com · free printable for personal use

Month in Review

What worked, what to change

Wins

Hardest habit — why?

One change for next month

Self-care plans