



HEALTH JOURNEY JOURNAL



Weekly Health Reflections

Week Beginning: _____

Gratitude from Last Week's Progress: _____

Goals for this Week

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Self Love Actions

Sunday	<hr/> <hr/> <hr/> <hr/>
Monday	<hr/> <hr/> <hr/> <hr/>
Tuesday	<hr/> <hr/> <hr/> <hr/>
Wednesday	<hr/> <hr/> <hr/> <hr/>
Thursday	<hr/> <hr/> <hr/> <hr/>
Friday	<hr/> <hr/> <hr/> <hr/>
Saturday	<hr/> <hr/> <hr/> <hr/>

Healthy Meals

	Breakfast	Lunch	Dinner	Snacks
Sunday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Monday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Tuesday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Wednesday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Thursday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Friday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Saturday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

How I felt about my healthy journey today...

I focus on getting enough rest, eating nutritious food, and engaging in physical activity.

How I felt about my healthy journey today...

Today, I continue to embrace the value
of maintaining good health.

How I felt about my healthy journey today...

The more I take care of myself, the better I feel.

How I felt about my healthy journey today...

*I take the time to connect to that deeper place.
It allows me to have true peace and accept myself as I am.*