

Wellness Journal Page-A-Day Example

Date: January 23, 2017

Notes

Slept for 7 hours. Slept hard, but still tired. Dedicated day to being relaxed. Woke up and went right into the day without meditating. Chai latte at home after challenging morning with the kids. My stomach was still full, so skipped breakfast. I took a few minutes to read in the afternoon. Bathed kids. Showered myself. Grumpy with husband in the evening. Felt as though I was trying to “push off” unwanted emotions.

Spiritual

Today I set the intention of being more ecological, starting with serving self. I was able to read and shower alone. I wore comfortable clothes the whole day. I spent a little bit of time in prayer during the afternoon, but did not journal. (I need to!)

Action Steps

I stuck with a work appointment that I had in the morning, and also took Charlie to the groomer.

Today's victories and challenges

I got a lot done! Tidied the house this evening. Challenge – I was not present with my kids at all today. I felt as though everyone needed me after three days away, and tried to respond to too much too soon.

Food, Drinks/Exercise:

9 am breakfast – homemade chai tea with unsweetened coconut milk + honey

11 am lunch – chicken cooked in olive oil with dill + garlic; green beans

1:30 pm – 2 protein balls (dates, choc, hemp, molasses)

4 pm tea – fireberry decaf tea

6:30 pm dinner – turkey burger plain, cauliflower/carrots/fennel; apple

Supplements – fish oil, minerals, probiotic, herbal pain relief, herbal for sleep

Exercise – elliptical for C25k

Scripture/Inspirational Quote:

Tomorrow's Priorities



1. Be present with the kids
2. Check sugar levels of food
3. Meditate or practice yoga

Oxygen List (what do I need)

1. Yoga!! I'm all over the place. I need some zen
2. 15 minutes of 100% all-in attention for each child

Key

Notes: Anything that will help you to process your mental, emotional, physical, or spiritual states for the day.

Spiritual: What are you doing that is ecological – good to and in connection with self, others, the world, God/Universe?

Action Steps: Anything that you did to move toward where you want to be. It can be as simple as you got up when your alarm went off.

Victories/Challenges: Be honest with yourself. What went well today? Again, keep it simple.

Food/Exercise: MyFitnessPal App is an excellent resource to track food + exercise for weight loss and gain regiments. Please consult your coach for further recommendations.

Priorities: No more than three for the next day.

Oxygen List: Examples include anything that fills your well and makes you a better version of you! Nature, art, music, dance, travel, work, exercise, yoga, writing, prayer, service, gratitude, social connection, reading, etc. Some clients will use the Page-A-Day tracker indefinitely. Others want something simple after a period of time. The Page-A-Week tracker is great for those who want something printable to keep themselves on track without any extras.

On the next two pages, you will find printable options for Lifestyle Tracking.



Wellness Journal Page-A-Day For _____

Date/ Day of the Week: _____

Notes	
Spiritual	
Action Steps	
Victories/Challenges	
Meditation Y/N	
Breakfast	
Lunch	
Tea	
Dinner	
Supplements	
Exercise	

Scripture / Inspirational Quote

Tomorrow's Priorities

- 1.
- 2.
- 3.

Oxygen List (what do I need)

- 1.
- 2.