

# FITNESS & WELLNESS PLANER

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### MONTHLY CHECK-IN

MONTH: \_\_\_\_\_

HOW DID YOU DO THIS MONTH?

Dates: \_\_\_\_\_

TODAY'S GOALS/FOCUS

TODAY'S MOTIVATION

#### WORKOUT TYPE

- YOGA/STRETCHING
- PILATES
- WALKING
- RUN
- CARDIO
- WEIGHTS

STEPS

CALORIES

MOOD

WATER

1 2 3 4 5 6 7 8

EMOTIONAL CHECK-IN  
TODAY WAS:

NOTES:

#### WORKOUT FOCUS

TODAY'S WORKOUT WAS:  
1 2 3 4 5  
OK THE BEST

#### SELF-CARE

- BIBLE STUDY/DEVOTION
- PRAYER TIME
- MEDITATION
- BREATHING EXERCISES
- READING

OR COMPLETE ANY CHALLENGE!

FOR:

STARTING WEIGHT  
ENDING WEIGHT  
CHEST  
WAIST  
RIGHT ARM  
LEFT ARM  
HIPS  
RIGHT THIGH  
LEFT THIGH  
RIGHT CALF  
LEFT CALF

# Wellness Planner For Beginners

**S. M. R. Wellness**

## **Wellness Planner For Beginners:**

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**Mandated Benefits** Balser Group,2013-12-17

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[Women Daily Wellness Journal](#) S. M. R. Wellness,2021-03-04 Elegant and Simple Daily Wellness journal 120 high quality printed pages Cover Printed in smooth Matte high quality color Inside the book Daily Date Wake up Bedtime Sleep Grateful for Activities Exercise log Mood tracker Water intake Daily Meal Happiness rating Daily Notes The perfect size of 6x9 inches Keep it by your nightstand to journal every morning or night This wellness journal makes the perfect gift for your loved ones

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**Health Care Handbook** Jeffrey D. Mamorsky,1991      Pension Plan Guide Commerce Clearing House,1975

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**Journal of American Insurance** ,1979      Mindfull Momentum Wellness Planner Jessi

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