# WELLNESS TRACKER

February

## SELF-CARE ACTIVITY

| | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

## SLEEP TRACKER

| | TIME SLEPT | HOURS SLEPT | ENERGY LEVEL |
|---|---|---|---|
| S | | | |
| M | | | |
| T | | | |
| W | | | |
| T | | | |
| F | | | |
| S | | | |

## GRATITUDE LIST

| | |
|---|---|
| S | |
| M | |
| T | |
| W | |
| T | |
| F | |
| S | |

## HABIT TRACKER

| | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |