



HOW-TO
Utilize Your
WELLNESS TRACKING
JOURNAL

"Health is a state of complete harmony of the body, mind and spirit. (When one is free from physical disabilities and mental distractions, the gates of the [sol] open."

BKS. Iyengar

“MONTHLY” PAGE



1. Create a Vision

Your vision is how you see your month going and where you see yourself at the end. Ask yourself:

"What do I hope to feel this month?"

"Who do I see myself becoming?"

"What is my ideal reality?"

Try writing it in present tense with "I am" statements - as if your vision has already been realized.

Your vision is your dream, and the rest of this journal is about making it come true.

2. Exercise

How will you achieve your vision through exercise this month?

3. Schedule Exercise

Put your exercise plan for this month on the calendar.

4. Nutrition

How will you achieve your vision through nutrition this month?

5. Schedule Nutrition

Schedule anything you need to do for your nutrition.

6. Habits

How will you achieve your vision through healthy habits this month?

7. Schedule Habits

Schedule any habits you need to on the calendar.

8. Self-care

How will you achieve your vision through self-care this month?

9. Schedule self-care

Schedule self-care on the calendar.

10. Notes

Record miscellaneous things you want to track such as symptoms, body measurements, inspirational quotes, feelings or to-do lists.

“WEEKLY” PAGE



1. Write your Intention

Ask yourself "What do I intend to accomplish this week? How do I intend to feel?"

2. Set Your Goals

Select goals that not only align with your monthly vision, but that align with your intention for the week.

Think of measurable things that you would like to accomplish.

3. Plan Daily Self-care

Write out your morning and evening self-care routines that you will do each day for the entire week. Then, on your "Daily" page, you will check off that you did the routine.

TIP: Copy your morning and evening self-care routines to the insert that came with your journal so you can post the routine on your bathroom mirror. That way you can glance at your routine without having to open the journal while you are standing over the sink!

4. Shopping List

Fill in your shopping list with your nutrition goals in mind.

5. Plan Your Meal Prep

Make a plan for what you need to do during meal prep. You could make this a check list or a step-by-step plan.

TIP: When it comes time to plan your food for the week, you may want to plan each meal out using the menus on the daily pages. If you choose to do this, plan your menus first, then come back to make a shopping list.

6. Create a Schedule

It's important to know the logistics of how you will make your exercise, nutrition, and lifestyle habits happen. You could plan out your whole day, or just a morning routine that applies to every day. Try to be detailed and get all of your habits into the schedule.

TIP: Flip to your first "daily" page and fill in your habits (based on your monthly vision) before you create a schedule. This will help you know what needs to fit into your schedule. Don't forget to schedule time to do your mindfulness!

“DAILY” PAGE



1. Set an Intention

Your daily intention is what you hope to get out of the day. It can be specific, general, a feeling, or an important task.

TIP: Decide if you are going to write out your intention and habits in the morning at the start of the day, or at night, so you wake up with it already filled out.

2. Write in Your Habits

Your daily habits will be a reflection of the habits you envisioned yourself adopting at the beginning of the month. You will write these in each day. This may seem repetitive, but repetition is AMAZING for helping you stay consistent and motivated. Then, you will come back in the evening and check off what you accomplished.

3. Write Affirmations

Affirmations are positive statements that your mind and body need to hear. It's like a compliment or encouragement that you would receive from a loved one, but in this case you are giving it to yourself!

4. Law of Attraction

The law of attraction is about sending your desires out to the universe with hope that they will come back to you.

Write in statements such as "I want", "I attract", or "I am creating". You will find that as you consciously direct your focus to this every day, more of your desires will come to you.

5. Check-off Self-care

The sun and the moon serve as check boxes. Simply reference the weekly page or the self-care insert, follow your routine, and check off the sun and moon when you do it!

TIP: Meditate on your attractions and affirmations with deep breathing to allow the words to enter your body.

6. Plan/Track Exercise

This box is for planning your movement in any way that serves you. You might use it to plan every exercise with sets and reps that you are doing at the gym, or simply write which hike you are doing and where.

It can also be used as tracking rather than planning. Meaning, you could record your movement in the evening rather than planning it in advance.

The bubbles at the top are meant to be checked off so you can indicate what kind of movement you did. Or, if your movement isn't represented, you can draw your own figure in the blank bubble!

7. Plan/Track Nutrition

You can use the menu to plan your meals in advance, or record your meals after-the-fact to help you stay accountable.

8. Notes

Use the notes section for whatever you please! You can record things like symptoms, feelings, gratitude, to-do lists, or inspiring quotes.

9. Accountability

Take time each night to open up the journal and check off your habits, self-care, exercise, nutrition, and record any insights you've had.

It may be helpful to set an alarm for when you need to write in the journal. You could also attach it to a habit that you already have. For example, "Right when I crawl into bed I will open my journal".

I get how to fill it in, but I don't know which goals and habits are right for me!

You know exactly what you want (weight loss, get your energy back, etc) but you aren't sure how to get there.

Choosing your own habits and nutrition goals feels daunting, and it's even harder to stick with them on your own!

That's where coaching comes in! I am a wellness expert with education and certifications in exercise, nutrition, mindfulness, stress management, and weight loss.

My job is to take your vision and give you a plan to get there. I can show you the most effective habits and goals to implement so you can get from point A to point B with confidence.

I would be honored to teach you exactly what to do for your wellness and walk with you on your transformational journey.

To book a free consultation, go to my website anniesuttonwellness.com.

