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This wellness journal will help you to find that balance by reminding you of the little things that you can do each day to achieve your personal wellness goals. Maybe it's drinking more water or eating more vegetables, or finding a few minutes of "me" time in your busy day. Whichever goal you need help with, this journal will help you track your progress along the way.

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At the end of the week, review your journal, and write in

the Specific Area(s) Where I Need Improvement section the areas where you feel you need improvement for a healthier lifestyle. WEEK OF 04/02 TO 04/08 Day of the Week Breakfast Lunch Dinner Snacks Physical Exercise and # of minutes Hours of Sleep Fruit Loops Sunday Banana 8 oz milk 1 slice of toast Turkey sandwich with lettuce, tomato

Best Wellness Journals | InStyle.com

We're more than halfway through the year. But that doesn't mean you should give up on the goals you set back on January 1. As students gear up to go back to school, it's the perfect time for you

7 Reason to Keep a Health Journal | Wellness Mama

Katie Wells, CTNC, MCHC, Founder and CEO of Wellness Mama, has a background in research, journalism, and nutrition. As a mom of six, she turned to research and took health into her own hands to find answers to her health problems.

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