

# Pillars of Wellness Habits Tracker

WHY DO YOU WANT TO LIVE WELL THIS WEEK? \_\_\_\_\_

|     | EAT WELL                                                                       | MOVE WELL                            | HYDRATE WELL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | SLEEP/THINK WELL                 |
|-----|--------------------------------------------------------------------------------|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| MON | FOLLOW 4-4-12<br>EAT PROTEIN AT EVERY MEAL<br>LOW GI EATING<br>SUPPLEMENT WELL | YOGA<br>WALK<br>WEIGHT LIFT<br>OTHER |    <br>                    | HRS OF SLEEP<br><br>STRESS LEVEL |
| TUE | FOLLOW 4-4-12<br>EAT PROTEIN AT EVERY MEAL<br>LOW GI EATING<br>SUPPLEMENT WELL | YOGA<br>WALK<br>WEIGHT LIFT<br>OTHER |    <br>                    | HRS OF SLEEP<br><br>STRESS LEVEL |
| WED | FOLLOW 4-4-12<br>EAT PROTEIN AT EVERY MEAL<br>LOW GI EATING<br>SUPPLEMENT WELL | YOGA<br>WALK<br>WEIGHT LIFT<br>OTHER |    <br>                    | HRS OF SLEEP<br><br>STRESS LEVEL |
| THU | FOLLOW 4-4-12<br>EAT PROTEIN AT EVERY MEAL<br>LOW GI EATING<br>SUPPLEMENT WELL | YOGA<br>WALK<br>WEIGHT LIFT<br>OTHER |    <br>        | HRS OF SLEEP<br><br>STRESS LEVEL |
| FRI | FOLLOW 4-4-12<br>EAT PROTEIN AT EVERY MEAL<br>LOW GI EATING<br>SUPPLEMENT WELL | YOGA<br>WALK<br>WEIGHT LIFT<br>OTHER |    <br>    | HRS OF SLEEP<br><br>STRESS LEVEL |
| SAT | FOLLOW 4-4-12<br>EAT PROTEIN AT EVERY MEAL<br>LOW GI EATING<br>SUPPLEMENT WELL | YOGA<br>WALK<br>WEIGHT LIFT<br>OTHER |    <br>    | HRS OF SLEEP<br><br>STRESS LEVEL |
| SUN | FOLLOW 4-4-12<br>EAT PROTEIN AT EVERY MEAL<br>LOW GI EATING<br>SUPPLEMENT WELL | YOGA<br>WALK<br>WEIGHT LIFT<br>OTHER |    <br>    | HRS OF SLEEP<br><br>STRESS LEVEL |

## CONNECT WELL

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

