# Weekly Wellness Tracker

**Healthy Together**

week of: _____

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|
| ☐ Medicine | ☐ Medicine | ☐ Medicine | ☐ Medicine | ☐ Medicine | ☐ Medicine | ☐ Medicine |
| Water | Water | Water | Water | Water | Water | Water |
| Exercise ☐ minutes | Exercise ☐ minutes | Exercise ☐ minutes | Exercise ☐ minutes | Exercise ☐ minutes | Exercise ☐ minutes | Exercise ☐ minutes |
| Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time |
| Sleep ☐ hours | Sleep ☐ hours | Sleep ☐ hours | Sleep ☐ hours | Sleep ☐ hours | Sleep ☐ hours | Sleep ☐ hours |
| Stress level 1 2 3 4 5 low stress high stress | Stress level 1 2 3 4 5 low stress high stress | Stress level 1 2 3 4 5 low stress high stress | Stress level 1 2 3 4 5 low stress high stress | Stress level 1 2 3 4 5 low stress high stress | Stress level 1 2 3 4 5 low stress high stress | Stress level 1 2 3 4 5 low stress high stress |

# Weekly Meal Tracker

**Healthy Together**

week of: _____

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|

### BREAKFAST

| | | | | | | |
|---|---|---|---|---|---|---|
| TIME: | TIME: | TIME: | TIME: | TIME: | TIME: | TIME: |
| ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL |

### LUNCH

| | | | | | | |
|---|---|---|---|---|---|---|
| TIME: | TIME: | TIME: | TIME: | TIME: | TIME: | TIME: |
| ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL |

### DINNER

| | | | | | | |
|---|---|---|---|---|---|---|
| TIME: | TIME: | TIME: | TIME: | TIME: | TIME: | TIME: |
| ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL |

### SNACK

| | | | | | | |
|---|---|---|---|---|---|---|
| TIME: | TIME: | TIME: | TIME: | TIME: | TIME: | TIME: |
| ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL | ITEM  AMOUNT  CAL |