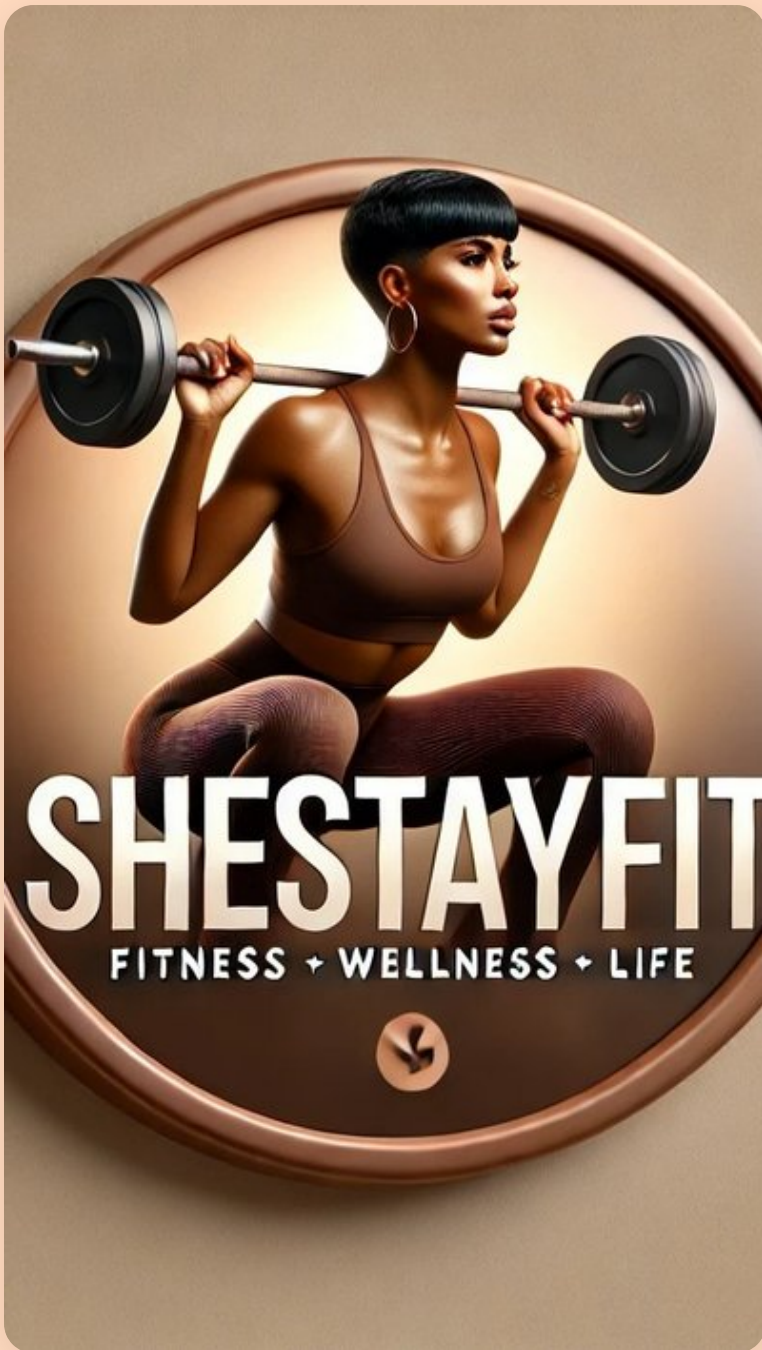




## Day 1: Morning Stretch Breathe

Mood  
Rating 1-5:

---

- Moves 25  
Each
- Neck Rolls
- Shoulder  
Rolls
- Deep Belly  
Breathing

How I Felt:

---

## Wellness Warrior: 3 Day Daily Wellness Tracker

Support your  
daily glow with  
this 3-day  
feel-good  
wellness plan.  
Focus:  
Flexibility +  
Calm Energy

Water  
Intake  
(oz):

---

Steps  
Taken:

---



Support your daily glow with this 3-day feel-good wellness plan.

Focus:  
Flexibility +  
Calm Energy

- **Moves**
- **10 Min Brisk Walk**
- **Wall Sit + Heel Raises (10)**

**Day 2:**  
**Walk +**  
**Wall**  
**Glutes**

**Water**  
**Intake**  
**(oz):**

---

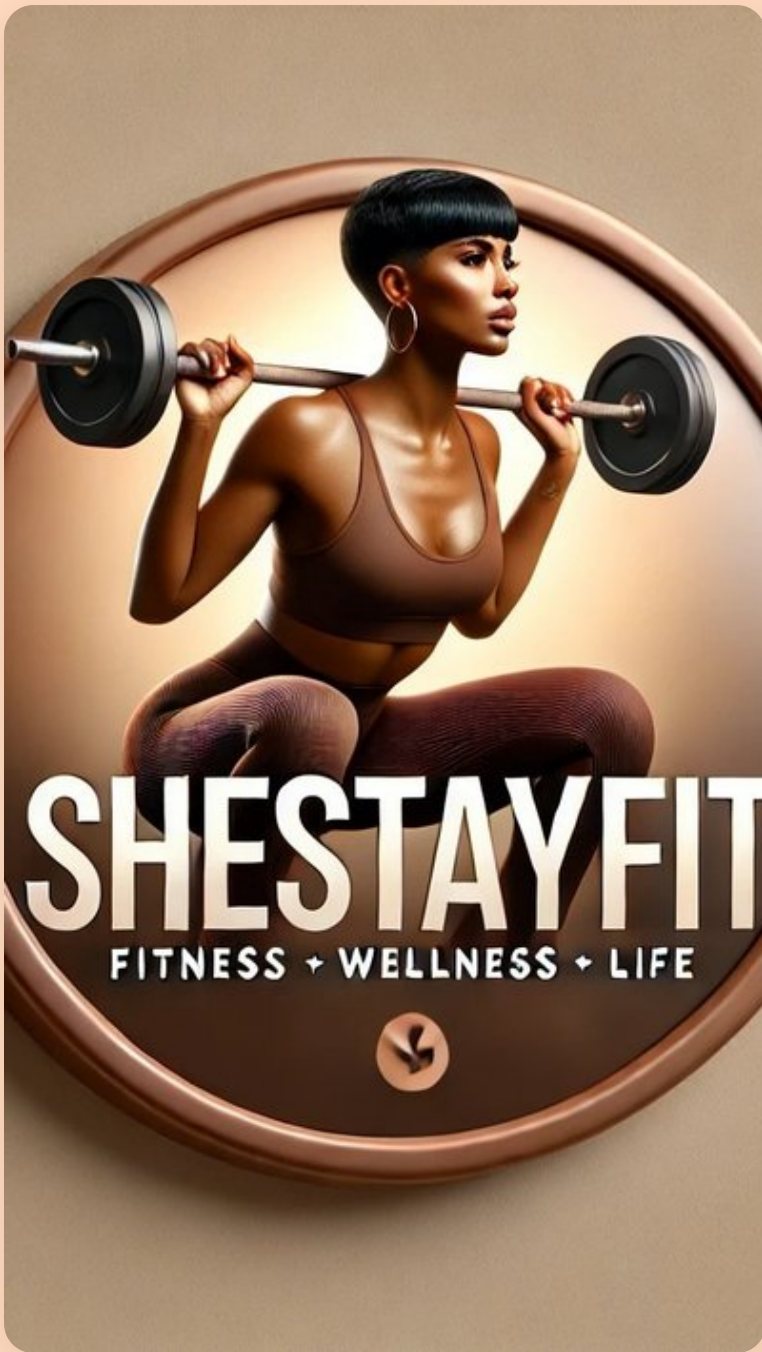
**Energy**  
**Level 1-5:**

---

**Wellness Warrior:**  
**3 Day Daily**  
**Wellness Tracker**

**How I Felt:**

---



## Day 3: Chair Based Core + Hip Opener

Mood  
Rating 1-5:

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- Moves
- Seated  
Knee Lifts
- Seating  
Side  
Crunches
- Seated  
Pigeon  
Stretch

How I Felt:

---

## Wellness Warrior: 3 Day Daily Wellness Tracker

Support your  
daily glow with  
this 3-day  
feel-good  
wellness plan.  
Focus: Core  
Activation +  
Hip Mobility

Water  
Intake  
(oz):

---

Steps Taken:

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