

THE CORE

Daily Habit Tracker
stay consistent, curious, and
connected to your progress

Blueprint
HOLISTIC WELLNESS



@blueprint_holistic_wellness



www.blueprintholisticwellness.com

PILLAR ONE

Whole Food Tracker



S M T W T F S

Veggies & Greens

Whole Grains

Cook At Home

Protein, Fiber & Fat

Bonus:
Mindful Eating

	S	M	T	W	T	F	S
Veggies & Greens							
Whole Grains							
Cook At Home							
Protein, Fiber & Fat							
Bonus: Mindful Eating							

Whole foods support digestion, balance blood sugar, reduce inflammation, and provide the raw materials your body needs to heal, grow, and thrive.

Protein:

Eggs, fish, poultry, beans, tofu, yogurt, lentils, nuts.

Fiber:

Vegetables, fruits, whole grains, legumes, seeds.

Fats:

Avocados, olive oil, nuts, seeds, fatty fish, nut butters.

When All Of These Are Included:

- ✓ Blood sugar stays stable: No sharp spikes and crashes.
- ✓ You feel full and satisfied longer: Less likely to snack unnecessarily.
- ✓ Energy is sustained: Instead of quick highs and lows.
- ✓ Nutrient absorption improves: Especially for vitamins and minerals.

PILLAR TWO

Hydration Tracker



S M T W T F S

Hydration Goal

Actual Quantity

Energized or Tired

Mood

Cravings

	S	M	T	W	T	F	S
Hydration Goal							
Actual Quantity							
Energized or Tired							
Mood							
Cravings							

Daily hydration is a foundational habit that nourishes every aspect of your well-being. Use this simple tracker to stay accountable and intentional as you support the 5 core pillars of holistic wellness.

Fun Flavour Combos: Cucumber, strawberry tops, kiwi peels, citrus

An Electrolyte Boost: Add in coconut water and sea salt

Wellness Reflection:

- ✓ Did you feel more energized or less fatigued today?
- ✓ How was your mood or mental clarity?
- ✓ Did staying hydrated help curb cravings or support digestion?
- ✓ Did you hydrate early enough to avoid late-night wake-ups?

PILLAR THREE

Evening Routine



Evening Routine Ideas:

- Limit screentime
- Take a warm shower or bath – helps relax muscles
- Practice gentle stretching or yoga – release tension
- Write in a journal – reflect on the day or express gratitude
- Drink a non-caffeinated herbal tea (chamomile or mint)
- Listen to calming nature sounds or soft instrumental music.
- Meditate or do a body scan – help your mind unwind.
- Avoid heavy meals or caffeine in the evening
- Prepare your bedroom – keep it cool, dark, and quiet
- Go to sleep to allow for 7-9 hours.

The Vibes Tonight:



Morning Mood:

PILLAR FOUR



Movement Goals

Movement isn't just exercise — it's a vital expression of energy, health, and presence. Use this tracker to build mindful momentum and reflect on how movement enhances each pillar of your holistic wellness.

This weeks movement goals:

-
-
-
-
-
-
-

Wellness Reflection:

- Did your body feel stronger, looser, or more energized today?
- How did movement impact your mood or stress levels?
- Did movement influence your appetite, food choices, or digestion?
- Do you expect better sleep or recovery from today's movement?
- Did moving your body help you feel more present or aligned?

PILLAR FIVE



Stress Management

Stress is part of life — but how we respond to it shapes our health, mindset, and daily experience. Use this tracker to observe your stress patterns, apply grounding practices, and connect to what helps you feel steady and supported.

Stress Check-Ins

Level 1-5

Trigger

Coping Tool

Relief?

You're not avoiding stress — you're learning to meet it with wisdom.

Wellness Reflection:

- ✓ Did your stress affect your body today (e.g., tension, energy, digestion)?
- ✓ How stable or reactive did you feel? What helped to shift your mindset?
- ✓ Did stress influence your eating habits or cravings?
- ✓ How do you think today's stress levels will impact your sleep or rest?
- ✓ Were you able to stay connected to yourself and others through stress?