



HEALTHY JOURNEY *journal*

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Weekly Health Reflections

Week Beginning: _____

Gratitude from Last Week's Progress: _____

Goals for this Week

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Self Love Actions

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Healthy Meals

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Sunday Reflections

How I felt about my healthy journey today...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*My health matters to me.
I treat my physical and mental wellbeing as a top priority.*

Monday Reflections

How I felt about my healthy journey today...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I focus on getting enough rest, eating nutritious food, and engaging in physical activity.

Tuesday Reflections

How I felt about my healthy journey today...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*Today, I continue to embrace the value
of maintaining good health.*

How I felt about my healthy journey today...

I allow my body to receive enough rest and exercise

How I felt about my healthy journey today...

The more I take care of myself, the better I feel.

Friday Reflections

How I felt about my healthy journey today...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*My body is healthy and strong.
I maintain my strength with a healthy lifestyle.*

Saturday Reflections

How I felt about my healthy journey today...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*I take the time to connect to that deeper place.
It allows me to have true peace and accept myself as I am.*