

# WELLNESS PLANNER

wellit

Create an action  
plan with step-by-  
step guidance

HOW TO  
USE THIS PLANNER

1. Identify your goal  
2. Break it down into smaller steps  
3. Set a timeline  
4. Track your progress

1  
2  
3  
4

step tracker

Step	Completed
1	
2	
3	
4	

Goal Setting Tracker

Goal	Start Date	End Date	Progress

Mood Tracker

Date	Mood

THE AUTHOR



# The Wellness Workbook

**Michael Brown**



## **The Wellness Workbook:**

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