

Weekly Wellness Tracker

Strong Systems. Sustainable People.

sutorwellness.com | 708-610-0207



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WEEK OF: _____ Weekly Goal: _____

MONDAY

Date: _____

WATER

☐☐☐☐☐☐☐☐

MOVEMENT

- ☐ 10 min
☐ 20 min
☐ 30+ min

SLEEP

Hrs: _____

- ☐ Poor
☐ Fair
☐ Good

NUTRITION

- ☐ Protein
☐ Fruits/Veg
☐ Mindful

STRESS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MOOD

☐ :) ☐ :| ☐ :/ ☐ :(

TODAY'S WIN

NOTES

TUESDAY

Date: _____

WATER

☐☐☐☐☐☐☐☐

MOVEMENT

- ☐ 10 min
☐ 20 min
☐ 30+ min

SLEEP

Hrs: _____

- ☐ Poor
☐ Fair
☐ Good

NUTRITION

- ☐ Protein
☐ Fruits/Veg
☐ Mindful

STRESS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MOOD

☐ :) ☐ :| ☐ :/ ☐ :(

TODAY'S WIN

NOTES

WEDNESDAY

Date: _____

WATER

☐☐☐☐☐☐☐☐

MOVEMENT

- ☐ 10 min
☐ 20 min
☐ 30+ min

SLEEP

Hrs: _____

- ☐ Poor
☐ Fair
☐ Good

NUTRITION

- ☐ Protein
☐ Fruits/Veg
☐ Mindful

STRESS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MOOD

☐ :) ☐ :| ☐ :/ ☐ :(

TODAY'S WIN

NOTES

THURSDAY

Date: _____

WATER

☐☐☐☐☐☐☐☐

MOVEMENT

- ☐ 10 min
☐ 20 min
☐ 30+ min

SLEEP

Hrs: _____

- ☐ Poor
☐ Fair
☐ Good

NUTRITION

- ☐ Protein
☐ Fruits/Veg
☐ Mindful

STRESS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MOOD

☐ :) ☐ :| ☐ :/ ☐ :(

TODAY'S WIN

NOTES

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WEEK OF: _____ Weekly Goal: _____

FRIDAY

Date: _____

WATER

☐☐☐☐☐☐☐☐

MOVEMENT

- ☐ 10 min
☐ 20 min
☐ 30+ min

SLEEP

Hrs: _____

- ☐ Poor
☐ Fair
☐ Good

NUTRITION

- ☐ Protein
☐ Fruits/Veg
☐ Mindful

STRESS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MOOD

☐ :) ☐ :| ☐ :/ ☐ :(

TODAY'S WIN

NOTES

SATURDAY

Date: _____

WATER

☐☐☐☐☐☐☐☐

MOVEMENT

- ☐ 10 min
☐ 20 min
☐ 30+ min

SLEEP

Hrs: _____

- ☐ Poor
☐ Fair
☐ Good

NUTRITION

- ☐ Protein
☐ Fruits/Veg
☐ Mindful

STRESS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MOOD

☐ :) ☐ :| ☐ :/ ☐ :(

TODAY'S WIN

NOTES

SUNDAY

Date: _____

WATER

☐☐☐☐☐☐☐☐

MOVEMENT

- ☐ 10 min
☐ 20 min
☐ 30+ min

SLEEP

Hrs: _____

- ☐ Poor
☐ Fair
☐ Good

NUTRITION

- ☐ Protein
☐ Fruits/Veg
☐ Mindful

STRESS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MOOD

☐ :) ☐ :| ☐ :/ ☐ :(

TODAY'S WIN

NOTES

WEEKLY SUMMARY & REFLECTION

Weekly Totals

Days I hit my water goal: _____

Days I exercised 30+ min: _____

Avg sleep (hrs/night): _____

Avg stress level (1-5): _____

Nutrition goals met (days): _____

What worked this week?

Focus for next week:

BIGGEST WIN THIS WEEK

Celebrate progress, not perfection.