



THIS WEEK'S WELLNESS

WEEK OF _____

MY WELLNESS GOALS

Blank area for writing wellness goals, decorated with colorful flowers and a Hello Kitty illustration.



ACTION STEPS

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HELLO KITTY



HEALTHY HABIT TRACKING

DAILY WATER INTAKE GOAL:

DAILY STEP GOAL:

NIGHTLY SLEEP GOAL:

	M	T	W	T	F	S	S
DAILY WATER INTAKE GOAL:							
DAILY STEP GOAL:							
NIGHTLY SLEEP GOAL:							



