

# Wellness Habits



date: \_\_\_\_\_

**water**



**reading or art**

Book/Art: \_\_\_\_\_

Time: \_\_\_\_\_

**physical activity**

Workout: \_\_\_\_\_

Time: \_\_\_\_\_

**meditation**

Place: \_\_\_\_\_

Time: \_\_\_\_\_

**work**

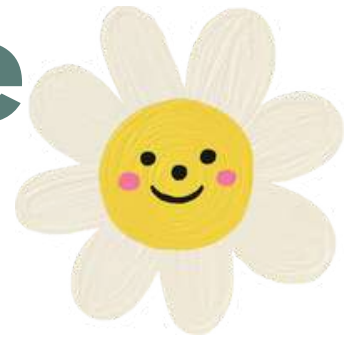
Tasks: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**my thoughts**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Hábitos de bienestar



fecha: \_\_\_\_\_

**agua**



**lectura or arte**

libro/actividad: \_\_\_\_\_

tiempo: \_\_\_\_\_

**actividad física**

ejercicio: \_\_\_\_\_

tiempo: \_\_\_\_\_

**meditación**

lugar: \_\_\_\_\_

tiempo: \_\_\_\_\_

**trabajo**

tareas: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**mis pensamientos**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_