



YOUR

Wellness Planner

Life is already overwhelming, let alone if you suffer from hormonal imbalances. While there's a range of things to consider when it comes to your hormones, your lifestyle and mentality can play a significant role. For this reason, we have created this guide to make you more productive in chasing your goals.

Just print the second page, as many as you need!

HORMONE UNIVERSITY

🕒 TIME (AM)

📍 PLACE

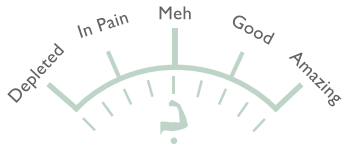
📅 DATE

🕒 TIME (PM)

📍 PLACE

📅 DATE

Today I feel
(BE MINDFUL - CIRCLE ONE)



I feel this way because ...

-
-
-

Today, my health commitment is...

(I will take the stairs instead of the elevator, I will avoid eating sugar, I will eat 5 servings of fruit and veggies, I will order a hormone test kit...)

This commitment matters
To me because ...

One small action I can take
To stay true to my commitment is ...

I will make time for...

Today, I'm grateful for ...

*My goal is to have _____
minutes of movement today*

One small action I can take to move forward

(I will take the stairs instead of the elevator, I will avoid eating sugar, I will order a hormone test kit...)

What is a challenge I've
successfully
moved past today?

Personal Health /
Growth Update

Checking in...:

How much water did I drink? _____

How much time have I dedicated to mindfulness / meditation today? _____

How much time have I dedicated to physical exercise (walking / activity / sport) _____

Daily/Monthly/Weekly reflection

How different do you feel from yesterday/last week/last month? _____

What were your 3 biggest accomplishments this week/month? _____

What was the most memorable event in your journey this week/month? _____

What are the things you want your future self to remember in a week/month? _____