Wellness Journaling

Transfer your Health Goals from the Healthy Choices chart on the previous pages.You may choose to focus on just one goal or several. Set as specific and attainable goals as you can. Next, sketch out an action plan for the week or month. Then use this page as a dated journal to record your progress. You may want to share it with your health care provider as well.

HEALTH GOAL:

ACTION PLAN:

DATE	EVENT

CREATING HEALTH
p·l·a·n·n·e·r

Wellness Journaling

HEALTH GOAL:

ACTION PLAN:

DATE	EVENT