

# weekly wellness

Affirmation of the week

## Activity Tracker

Celebrate your activity. Color in a shape each time you complete an activity. Each colored in shape is a step closer to your goal.

- Each line below represents a different activity goal (movement, water goal, gratitude practice, etc.)
- Each activity should be represented by a different color.

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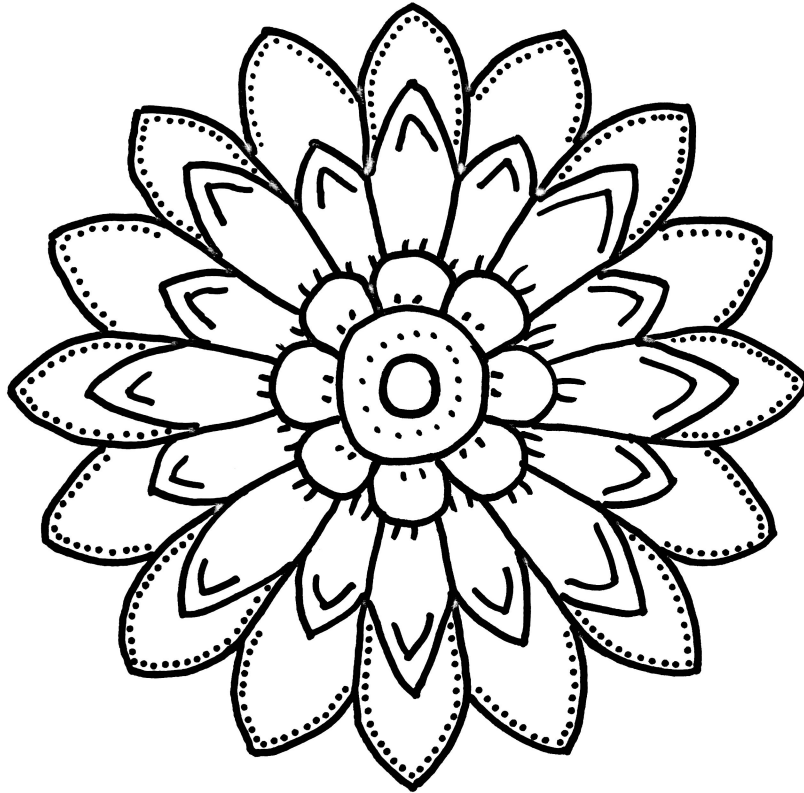
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Gratitude

Most proud of this week

Do more

Do less

What's working

What's not working

Notes for the week