



# Wellness Journal

MEANINGFUL MAY . 2022

MINDFUL  
MONDAY

TERRIFIC  
TUESDAYS

WONDROUS  
WEDNESDAY

THOUGHTFUL  
THURSDAY

FULFILLING  
FRIDAY

SUPER  
SATURDAY

SOOTHING  
SUNDAY

NUTRITION  
CHALLENGE

This MEATLESSMONDAY enjoy something veggie, like peas and pumpkin for lunch

Have a balanced breakfast. A boiled egg, cereal and a banana

Prepare a meal by yourself Don't eat junk today

Have some mashed potatoes with fish stew for lunch

Have a heavy breakfast ,easy lunch and skip dinner

Saturdays are for pancakes, love and a glass of juice cocktail.

Soothing detoxing Sundays with cucumber ginger and spinach

EXERCISE

It's been a long weekend, go for a body massage or steam and sauna

Invite a friend over for some yoga and meditation

Go to the gym and do an hour workout

Do 50 squats and 20 sit-ups

Go for Zumba wellness class for an hour

Take a walk or a short run around the neighborhood

Skip rope for hours while taking breaks

ACTIVITY  
CHALLENGE

Find your life's purpose by Journaling. discover your purpose, ask questions and reflect on them.

Do an act of kindness

Make contact with someone you haven't talked to in a long time and just check-in

Lift up someone else's spirit today .led a hand or an ear to them

Invite a friend or family over for a movie night

Make room for a workout space .you only need a yoga mat space

Complete that book and take a nap after

SELF-LOVE  
QUOTES

You've been criticizing yourself ,try self-approval and see what happens

Let your dreams be bigger than your fears

If we make a mistake of being negative, we have wasted the day

Seize the day and make it ridiculously amazing

Fridays are hope for peaceful weekends and calm days ahead

Fill yourself with positive energy and see how you shine

Make the most of this day ,play dream and just be happy

WATER

3 cups

4 cups

5 cups

6 glasses

7 glasses

7 1/2glasses

8 glasses