



Wellness Journal



	ME -TIME MONDAY	TASTY TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SASSY SATURDAY	SUN DOWN SUNDAY
NUTRITION CHALLENGE	Add nutrient-dense foods from a variety of food groups	Try new ways to prepare foods	Don't disrupt your meals, pay attention to the food and enjoy it	Share your meal with a college or friend	Paint your Plate with Fruits and Vegetables	Build a better breakfast plate. Add fruits on the side.	Plan your meals for the week create a grocery list. Keep it realistic
EXERCISE	Full body Stretches and Deep breathing exercises for 45 minutes	Explore exercises that calm your mind. Meditate with yoga	Go for a walk, anywhere, or you can decide to jog	Do 100 push-ups throughout the day	REST	Go dancing / attend a Zumba class and release some bad energies	Do an 8-hour sleep challenge so your Monday is fresh
ACTIVITY CHALLENGE	Practice financial wellness. Budget Save, invest, avoid, or manage debts.	Plan to open up a financial club or a Savings group, (SACCO)	Track Spending Habits & Goals Download a budget app to track all your expenses	Do an act of kindness, gift, or donate to a charity organization	Purchase a traditional saving box, start with coins, and upgrade with notes later	Spend some money on you, and remember to put yourself and your needs first	Learn to attract money to get money, Execute big ideas, face your fears. ENJOY IT
FINANCIAL WELLNESS QUOTES	Financial freedom is freedom from fear." Robert	You deserve success, so go for it	Tough times never last, but tough people do." Robert H	The more we give, the more we get	A big part of financial freedom is having your heart&mind free from worry about the what-ifs of life. Unknown	Never settle for anything less than what you deserve, it's not pride, it's self-respect."	You are the key to your success.
WATER	2Cups	3Cups	4Cups	5Glasses	6Glasses	7Glasses	8Glasses