

WELLNESS WORKBOOK

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TEST EMAIL



Introduction

WHAT IS WELLNESS



This space could contain the story behind the publication. Share interesting facts about your background or career. You can also talk about your experience while getting the book together. A direct quote is another option!

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Make sure that you have accompanying visual content that immediately catches the eye. Include photos, illustrations, and other graphics to match.

Section 1

SETTING YOUR GOALS

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30 DAYS

ACTION PLAN

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60 DAYS

ACTION PLAN

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90 DAYS

ACTION PLAN

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Section 2

LET'S ASSESS

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How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	I feel good about my body	☐	☐	☐	☐
	I exercise to keep my body healthy	☐	☐	☐	☐
	I get 7-8 hours of sleep every day	☐	☐	☐	☐
	I include nutritious food in my diet	☐	☐	☐	☐
	I spend time in nature	☐	☐	☐	☐

How will you rate the following					
	Never	Rarely	Sometimes	Always	
EMOTIONAL	I can manage my feelings properly	☐	☐	☐	☐
	I am able to cope when stress	☐	☐	☐	☐
	I have a positive outlook and energy	☐	☐	☐	☐
	I allot time for my hobbies	☐	☐	☐	☐

Section 3

PLANNING AHEAD

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Section 4

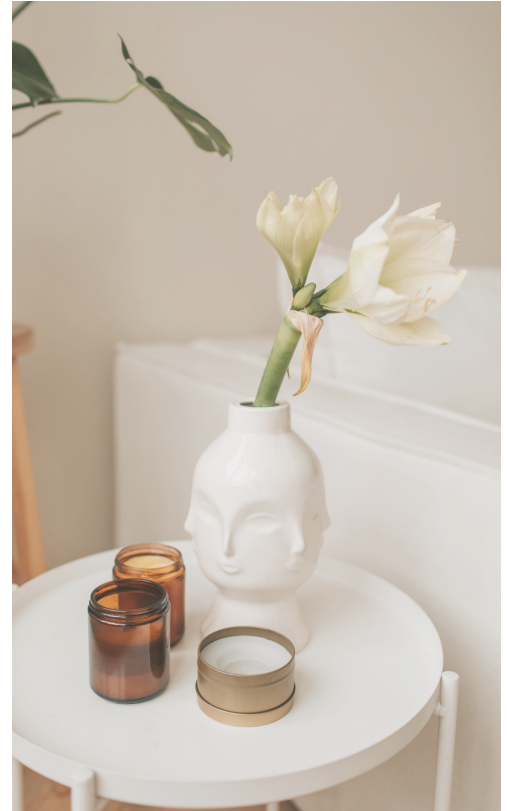
CHECKLIST

Physical activities for the week

- ☐ Exercise and/or go for a walk
- ☐ Eat healthy food and snacks
- ☐ Get 7 hours of sleep per night
- ☐ Enjoy stillness and/or meditate
- ☐ Spend time in nature

Emotional activities for the week

- ☐ Journal
- ☐ Listen to favorite music
- ☐ Spend time with family/friends
- ☐ Practice meditation
- ☐ Do something fun



Think about what your audience would be interested in and get writing! Choose engaging photos and graphics to accompany your words, as these also help catch your audience's eye.



Section 5

ACTION STEPS

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Insert your task or questions here.

2

Insert your task or questions here.

3

Insert your task or questions here.

About THE AUTHOR

This space could contain the story behind the publication. Share interesting facts about your background or career. You can also talk about your experience while getting the book together. A direct quote is another option!



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MORE HELP?

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