

Create A Healthier You! Weekly Wellness Worksheet

holistic wellness coaching
erin m. haslag MPH, MEd
board certified health coach



Use this worksheet to create a plan or record your meals & movement for one week.

(Find a friend or partner to keep you accountable to meeting your goals as you stick to a plan this week!)	Breakfast	Lunch	Snack	Dinner
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Movement! I will MOVE 30 minutes at least 5 days a week! Choose 2-3 activities from the list below and get to it this week! Variety is the SPICE of sticking to a workout!

Yoga Running Walking Strength-Train Take a Class Swimming Biking Zumba