

# 28 Day Wellness Tracker

Consider items that are in the areas of emotional, mental, spiritual and physical that would fill your 'wellness cup'

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	AVG	
Daily Actions																														
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Weekly Actions																														
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Monthly Actions																														
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