



Women's

Health & Wellness Tracker



MONTH: _____ YEAR: _____ FOCUS / GOAL THIS MONTH: _____

DATE 	BLOOD PRESSURE (mmHg) 		BLOOD SUGAR (mg/dL) 	WEIGHT (lbs / kg) 	MOOD (1 = Low 5 = Great) 	ENERGY LEVEL (1 = Low 5 = High) 	NOTES / SYMPTOMS 
	SYSTOLIC (Top #)	DIASTOLIC (Bottom #)	FASTING	WEIGHT			
1					1 2 3 4 5	1 2 3 4 5	
2					1 2 3 4 5	1 2 3 4 5	
3					1 2 3 4 5	1 2 3 4 5	
4					1 2 3 4 5	1 2 3 4 5	
5					1 2 3 4 5	1 2 3 4 5	
6					1 2 3 4 5	1 2 3 4 5	
7					1 2 3 4 5	1 2 3 4 5	
8					1 2 3 4 5	1 2 3 4 5	
9					1 2 3 4 5	1 2 3 4 5	
10					1 2 3 4 5	1 2 3 4 5	
11					1 2 3 4 5	1 2 3 4 5	
12					1 2 3 4 5	1 2 3 4 5	
13					1 2 3 4 5	1 2 3 4 5	
14					1 2 3 4 5	1 2 3 4 5	
15					1 2 3 4 5	1 2 3 4 5	
16					1 2 3 4 5	1 2 3 4 5	
17					1 2 3 4 5	1 2 3 4 5	
18					1 2 3 4 5	1 2 3 4 5	
19					1 2 3 4 5	1 2 3 4 5	
21					1 2 3 4 5	1 2 3 4 5	
22					1 2 3 4 5	1 2 3 4 5	
23					1 2 3 4 5	1 2 3 4 5	
24					1 2 3 4 5	1 2 3 4 5	
25					1 2 3 4 5	1 2 3 4 5	
26					1 2 3 4 5	1 2 3 4 5	
27					1 2 3 4 5	1 2 3 4 5	
28					1 2 3 4 5	1 2 3 4 5	
29					1 2 3 4 5	1 2 3 4 5	
30					1 2 3 4 5	1 2 3 4 5	
31					1 2 3 4 5	1 2 3 4 5	

MOOD GUIDE

-  1 - Very Low
-  2 - Low
-  3 - Okay
-  4 - Good
-  5 - Great

ENERGY GUIDE

-  1 - Very Low
-  2 - Low
-  3 - Moderate
-  4 - High
-  5 - Very High

SELF-CARE CHECKLIST

- ☐ Drank enough water
- ☐ Ate nourishing meals
- ☐ Moved my body
- ☐ Got enough sleep
- ☐ Took time for myself
- ☐ Practiced mindfulness / relaxation

NOTES TO SELF





♥ You are strong. You are worthy. You are your best investment. ♥