



Wellness Scorecard

Use the wellness scorecard to set your goals and track your progress. Under each topic below, write down a goal or challenge that you want to work towards. Then once you've completed your task for the week, check it off in the chart below.

Don't want to go it alone? The scorecard can easily be used for a team or family! Group activities are a great way to get (and keep) motivated.



















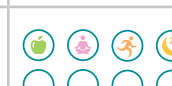
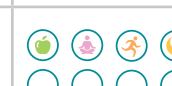
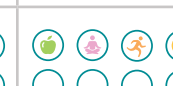
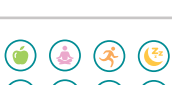
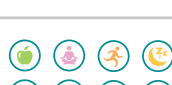


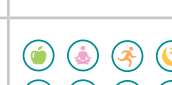
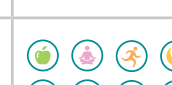
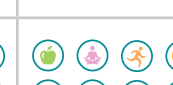




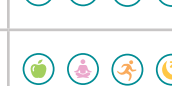
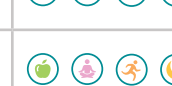
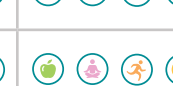


GOALS

| | | | |
|--|---|--|---|
|  What's your balance? - Healthy Eating - _____ _____ _____ _____ _____ |  What's your balance? - Mental Wellness - _____ _____ _____ _____ _____ |  What's your balance? - Physical Activity - _____ _____ _____ _____ _____ |  What's your balance? - Sleep & Fatigue - _____ _____ _____ _____ _____ |
|--|---|--|---|

GOAL TRACKER

MONTH _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

#AHSwhatsyourbalance

