




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? - Build Your Mental Fitness - _____ _____ _____ _____ _____	 What's your balance? - Make Healthy Eating Easier - _____ _____ _____ _____ _____	 What's your balance? - Get Active Outdoors - _____ _____ _____ _____ _____	 What's your balance? - Manage Your Energy Levels - _____ _____ _____ _____ _____
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GOAL TRACKER

MONTH _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

#AHSwhatsyourbalance