

Daily Wellness Tracker

Small daily habits, big brain changes. Track sleep, meals, and mindfulness — and watch the patterns.

How to use it: Each day, jot your hours of sleep, tick the boxes for sleeping well, eating 3 meals, and doing your mindfulness practice, then write one line about how the day went. It takes 30 seconds.

Day	Hours slept	Slept well?	3 meals?	Mindfulness done?	Reflection: How did today go?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Mindfulness Practice Tracker

Each day, tick each type of practice you did. Aim for at least one — any is a win.

Day	Focus Builder	Mindful Activity	Thought Awareness	Self-Compassion
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Focus Builder: a breathing or attention practice (box breathing, counting breaths). **Mindful Activity:** an everyday task done with full attention (mindful eating, a walk). **Thought Awareness:** noticing and “naming” a thought without believing it. **Self-Compassion:** one kind moment toward yourself.

Wins & notes this week: