

Name: \_\_\_\_\_



**Wellness**

**Directions:** Complete the chart by filling in the date, the type of physical activity you participated in, and the number of minutes you spent doing the activity. Then finish the sentences to describe your goals and eating habits.

## Weekly Wellness Journal

Date	Physical Activity	Number of Minutes
Sunday _____		
Monday _____		
Tuesday _____		
Wednesday _____		
Thursday _____		
Friday _____		
Saturday _____		

My physical activity goal for next week is...

Healthful food choices I made this week include...

Unhealthful food choices I made this week include...

My goal for healthful eating next week is...

I remained stress free by...

Student Signature \_\_\_\_\_ Date \_\_\_\_\_