

PRINTABLE WORKSHEET

Wellness Goal Worksheet

Print this page and keep it where you will see it. Written goals with a visible tracker outperform good intentions.

My wellness vision

In one or two sentences, describe what thriving looks like for you six months from now.

Monthly goal

Weekly goals

Week	Goal	Cadence	Done
1			
2			
3			
4			

Habit tracker

Habit	Mon-Wed	Thu-Fri	Sat-Sun

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Reflection

What worked this month? What will I adjust — with kindness — next month?

General wellness education only. Not medical advice, diagnosis or treatment.

Ready to redefine your image? Explore our nurse coaching programs and mobile concierge body sculpting services at Sozo Redefined Image.