

7-Day Daily Wellness Tracker

Calm, Connected & Consistent

by Hafsa Faizan



primis in faucibus
dicit ornare. Sed et
Quis tristisque a justo
Ponere urna dui. accu
e. ea tempus nunc
Quis facilisis et
suscipit tortor
llis. sem tur

ec porta
ornare et, tris
eget volutpat dian
fames ac ante ipsum
r malesuada libe
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an malesuada conc
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ac ante ipsum primis
ut nisl vel
psum



Tracker

Purpose

This calming 7-day tracker is designed to help you gently build a habit of using simple home remedies to ease depression, anxiety, and stress.

Each day invites you to slow down, check in with your mood, and try a remedy that supports your emotional well-being. With space to reflect, track, and stay inspired, this tracker becomes your peaceful pocket companion — one day at a time. Let the healing begin 🧡

orem ipsum
eiusmod t
Nisl susce



neque v
tempus quam pellentesque nec nam. Diam
ra sit amet aliquam id. Massa enim nec dui nunc
nim ut tellus elementum. Dapibus ultrices in iaculis
Phoncus delectat

eiusmod lacinia at quis risus sed vulputate odio. Sed
eiusmod lacinia at quis. Ut tellus elementum
ultrices lacus sed turpis tincidunt id aliquet
massa ultrices mi quis. Magna fermentum
gaullus. Eget sit amet tellus cras
vitae et leo duis ut diam
iaculis eu non diam phasel-
Cursus sit amet dictum

ullamcorper sit amet
semper feugiat nibh
ing elit duis tris-
t mauris nunc
la fames ac
h mauris.
At

diam
dum ut

is urna
pus urna et.
ad arcu ac tortor dignissim.
ac ut consequat semper viverra nam.

1

My Daily Wellness Tracker

"One small step is still progress."

Day _____

Date _____

Mood



Remedy of the Day

☐

Morning Sunlight & Stretch

☐

Herbal Tea

☐

Journaling

☐

Aromatherapy

☐

Digital Detox

☐

Breathing Practice

☐

Mood Smoothie

☐

Plant Care

☐

Other: _____

Time of Use

☐

Morning

☐

Afternoon

☐

Evening

☐

Before Bed

☐

Other

★ Mini Reflection

1. What felt good today?

2. What challenged me?

3. How can I be kinder to myself tomorrow?

One Positive Thought & Affirmation

Today, I remind myself that,



My Daily Wellness Tracker

"I choose calm over chaos."

Day _____

Date _____

Mood



Remedy of the Day

☐

Morning Sunlight & Stretch

☐

Herbal Tea

☐

Journaling

☐

Aromatherapy

☐

Digital Detox

☐

Breathing Practice

☐

Mood Smoothie

☐

Plant Care

☐

Other: _____

Time of Use

☐

Morning

☐

Afternoon

☐

Evening

☐

Before Bed

☐

Other

Mini Reflection

1. What felt good today?

2. What challenged me?

3. How can I be kinder to myself tomorrow?

One Positive Thought & Affirmation

Today, I remind myself that,



My Daily Wellness Tracker

"My feelings are valid. My peace matters."

Day _____

Date _____

Mood



Remedy of the Day

☐ Morning Sunlight & Stretch

☐ Herbal Tea

☐ Journaling

☐ Aromatherapy

☐ Digital Detox

☐ Breathing Practice

☐ Mood Smoothie

☐ Plant Care

☐ Other: _____

♥ Time of Use

☐ Morning

☐ Afternoon

☐ Evening

☐ Before Bed

☐ Other

★ Mini Reflection

1. What felt good today?

2. What challenged me?

3. How can I be kinder to myself tomorrow?

One Positive Thought & Affirmation

Today, I remind myself that,



My Daily Wellness Tracker

"Today, I create space for healing."

Day _____

Date _____

Mood



Remedy of the Day

☐

Morning Sunlight & Stretch

☐

Herbal Tea

☐

Journaling

☐

Aromatherapy

☐

Digital Detox

☐

Breathing Practice

☐

Mood Smoothie

☐

Plant Care

☐

Other: _____

Time of Use

☐

Morning

☐

Afternoon

☐

Evening

☐

Before Bed

☐

Other

Mini Reflection

1. What felt good today?

2. What challenged me?

3. How can I be kinder to myself tomorrow?

One Positive Thought & Affirmation

Today, I remind myself that,



My Daily Wellness Tracker

"I am not behind. I am on my journey."

Remedy of the Day

☐ Morning Sunlight & Stretch

☐ Herbal Tea

☐ Journaling

☐ Aromatherapy

☐ Digital Detox

☐ Breathing Practice

☐ Mood Smoothie

☐ Plant Care

☐ Other: _____

Day _____

Date _____

Mood



Time of Use

☐ Morning

☐ Afternoon

☐ Evening

☐ Before Bed

☐ Other

Mini Reflection

1. What felt good today?

2. What challenged me?

3. How can I be kinder to myself tomorrow?

One Positive Thought & Affirmation

Today, I remind myself that,



My Daily Wellness Tracker

"Let go of what no longer serves you."

Day _____

Date _____

Mood



Remedy of the Day

☐ Morning Sunlight & Stretch

☐ Herbal Tea

☐ Journaling

☐ Aromatherapy

☐ Digital Detox

☐ Breathing Practice

☐ Mood Smoothie

☐ Plant Care

☐ Other: _____

♥ Time of Use

☐ Morning

☐ Afternoon

☐ Evening

☐ Before Bed

☐ Other

★ Mini Reflection

1. What felt good today?

2. What challenged me?

3. How can I be kinder to myself tomorrow?

One Positive Thought & Affirmation

Today, I remind myself that,



My Daily Wellness Tracker

"I celebrate how far I've come."

Day _____

Date _____

Mood      

Remedy of the Day

- ☐ Morning Sunlight & Stretch
- ☐ Herbal Tea
- ☐ Journaling
- ☐ Aromatherapy
- ☐ Digital Detox
- ☐ Breathing Practice
- ☐ Mood Smoothie
- ☐ Plant Care
- ☐ Other: _____

Time of Use

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Before Bed
- ☐ Other

Mini Reflection

1. What felt good today?

2. What challenged me?

3. How can I be kinder to myself tomorrow?

One Positive Thought & Affirmation

Today, I remind myself that,

