

HOW TO USE OUR GOPIVOT DAILY WELLNESS PLANNER

Gratitude + affirmations

Daily plan + food journal

DATE May 1, 2020

I AM GRATEFUL FOR
My health, family, and my job

POSITIVE THOUGHTS
I feel more productive when I exercise in the morning!

EXERCISE
 Walk the dog 15min
 Squats
 Jumping jacks
 Sit-ups

ACTION ITEMS
 Email Julie
 Webinar @ 3pm
 Grocery store run

BREAKFAST
Whole grain oatmeal w/ blueberries

LUNCH
Kale salad w/ avocado and grilled chicken

DINNER
Baked Salmon, squash, and sweet potato

SNACKS
Greek yogurt
Almonds
Strawberries

ARE YOU GETTING ENOUGH?

SUNLIGHT + FRESH AIR WATER (8 GLASSES) ESSENTIAL NUTRIENTS SLEEP EXERCISE

WHAT COULD BE IMPROVED TOMORROW?
Read a book before bed, take a break from technology

ON A SCALE OF 1 - 5, HOW WAS TODAY & HOW WELL DID YOU FOLLOW THE PLAN?
1 2 3 4 5

Daily exercise routine

Daily to-do list

Reflect on your day

Daily wellness tracker

DATE

I AM GRATEFUL FOR

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POSITIVE THOUGHTS

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EXERCISE

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ACTION ITEMS

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BREAKFAST

LUNCH

DINNER

SNACKS

ARE YOU GETTING ENOUGH?



SUNLIGHT + FRESH AIR



WATER



ESSENTIAL NUTRIENTS



SLEEP



EXERCISE

WHAT COULD BE IMPROVED TOMORROW?

ON A SCALE OF 1 - 5, HOW WAS TODAY & HOW WELL DID YOU FOLLOW THE PLAN?

1

2

3

4

5