

WELLNESS WORKBOOK

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BY ISABEL MERCADO



Introduction

WHAT IS WELLNESS



This space could contain the story behind the publication. Share interesting facts about your background or career. You can also talk about your experience while getting the book together. A direct quote is another option!

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Make sure that you have accompanying visual content that immediately catches the eye. Include photos, illustrations, and other graphics to match.

Section 1

SETTING YOUR GOALS

Placeholder text for the introduction.

30 DAYS

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ACTION PLAN

60 DAYS

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ACTION PLAN

90 DAYS

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ACTION PLAN

Section 2

LET'S ASSESS

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How will you rate the following				
PHYSICAL	Never	Rarely	Sometimes	Always
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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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How will you rate the following				
EMOTIONAL	Never	Rarely	Sometimes	Always
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Section 3

PLANNING AHEAD

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Section 4

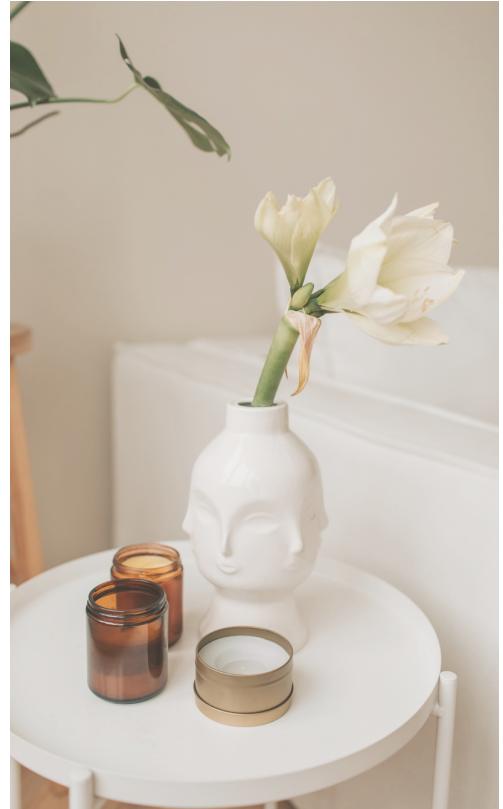
CHECKLIST

Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



Think about what your audience would be interested in and get writing! Choose engaging photos and graphics to accompany your words, as these also help catch your audience's eye.



Section 5

ACTION STEPS

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Insert your task or questions here.

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Insert your task or questions here.

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Insert your task or questions here.

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notes

About THE AUTHOR

This space could contain the story behind the publication. Share interesting facts about your background or career. You can also talk about your experience while getting the book together. A direct quote is another option!



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DO YOU NEED MORE HELP?

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