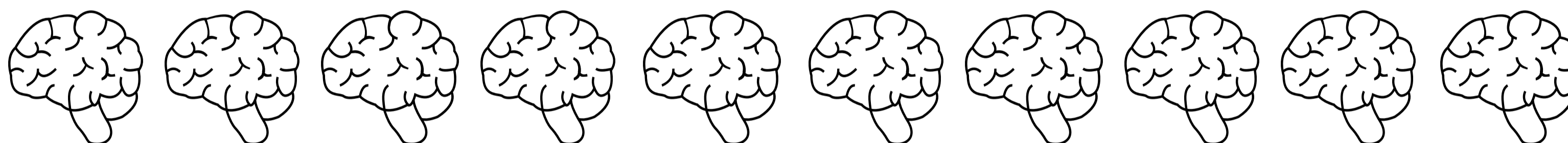


Monthly Wellness Reflection

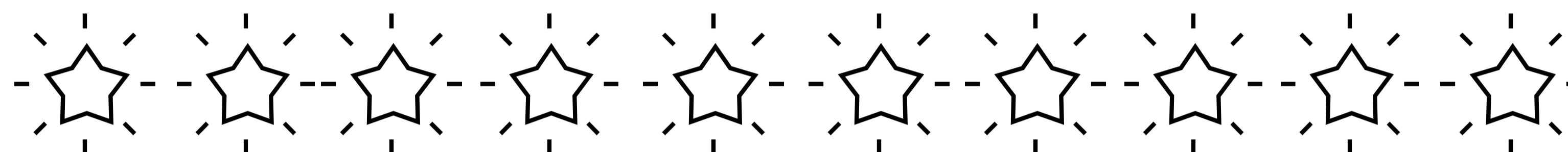


Rate each category on a scale of 1-10 by filling in the corresponding number of shapes.

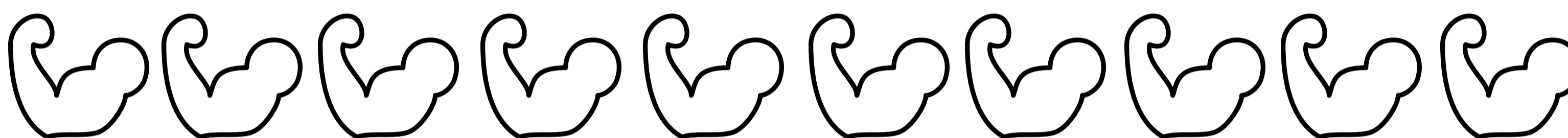
Mindset



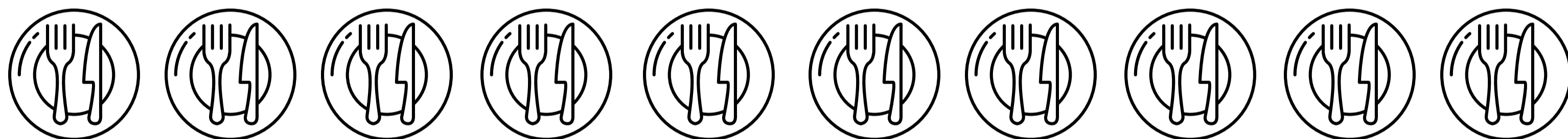
Motivation



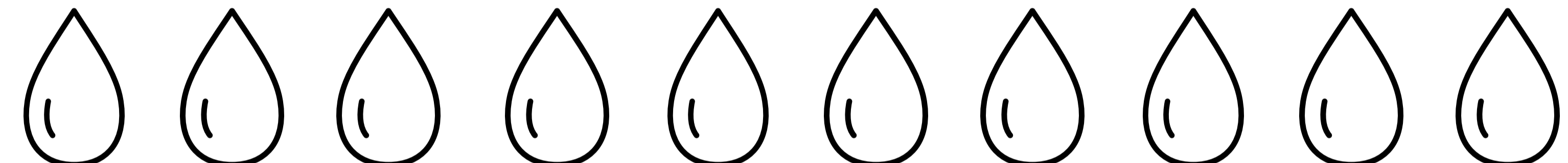
Exercise



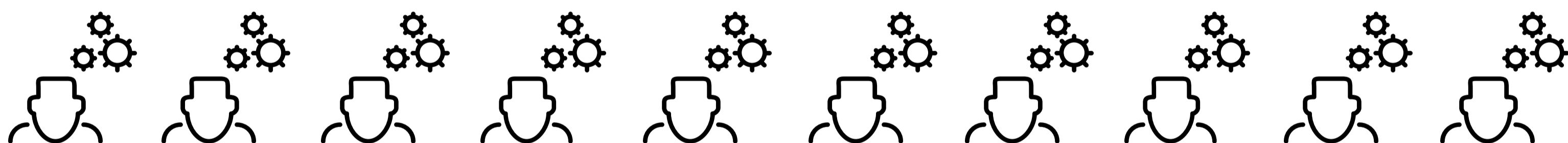
Nutrition



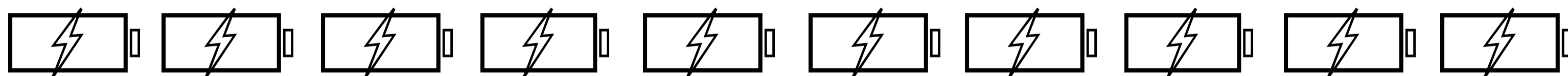
Water Intake



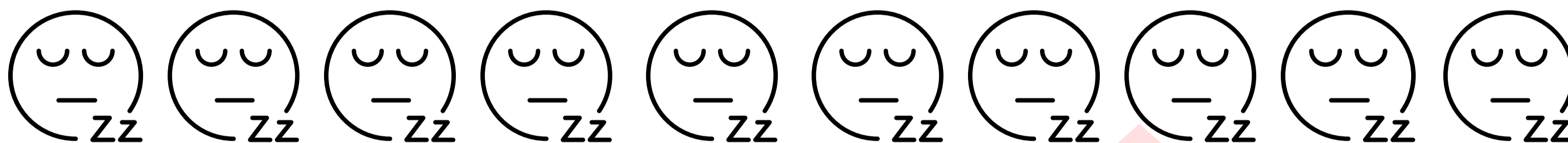
Mental Health



Energy Level



Sleep



Health



Fulfillment

