



WELLNESS ROOTS

By Kavita Sabhnani

Holistic Habit Tracker

Patient Name : _____

Date Range : _____

Date	Water Intake (8+cups)	Balanced Meals (3 meals)	Snack Mindfully (1-2 healthy snacks)	Exercise (30 mins)	Medicine aken	Mindfulness Practice (10 mins)	Meditation (10 mins)	Massage Therapy	Sleep (7-8 hours)	Notes/ Reflecti ons
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Instructions

- Water Intake : Mark when you drink 8 or more cups of water.
- Balanced Meals : Track if you have three balanced meals each day.
- Snack Mindfully : Note if you choose healthy snacks mindfully.
- Exercise : Record whether you completed at least 30 minutes of physical activity.
- Medicine Taken : Check off if you took your prescribed medication.
- Mindfulness Practice : Indicate if you practiced mindfulness (e.g., deep breathing).
- Meditation : Note if you engaged in meditation for at least 10 minutes.
- Massage Therapy : Indicate if you had a massage therapy session.
- Sleep : Mark if you achieved 7-8 hours of sleep.
- Notes/Reflections : Use this space to jot down any thoughts, feelings, or challenges you encountered.