4-MONTH WELLNESS TRACKER WITHOUT USING THE SCALE!

Body, Mind, and Soul Transformation

"The number on the scale
does NOT define who you are"

First we want to welcome and congratulate you for embracing this NEW way of seeing health and wellness. One where the number on the scale is just another number. Where it doesn't define you as a person or how healthy you are. Where it doesn't have power over you.

Instead of tracking weight, we invite you to complete a check-in once a month for the duration of the program. We call it 'the feels check-in'. This is how it works:

Once a month, fill out the pages for that correspond to that month. You'll rate each symptom whether you felt it rarely or often. This way you'll be able to compare and track your monthly progress. The REAL progress!

And as bonus, plan out the different ways you'll practice weekly self-care for the month. Now that's how to really love, honor, and take care of our bodies. Don't you think?

Love always,
Raisa and Megan

Month 1

Body, Mind, and Soul Transformation

Month 1 check-in

RATE EACH SYMPTOM ACCORDING TO HOW YOU FELT THIS WEEK.
USE THE FOLLOWING POINT SCALE:

0 = NEVER; 1 = SOMETIMES MILD; 2 = SOMETIMES SEVERE; 3 = FREQUENTLY MILD; 4 = FREQUENTLY SEVERE

HEAD + MIND

- Headache
- Migraine
- Forgetfulness / poor memory
- Poor concentration
- Brain fog
- Dizziness

EYES + NOSE + SKIN

- Watery eyes
- Blurred vision
- Congested / runny nose
- Sinus discomfort
- Acne
- Hives / rashes

DIGESTIVE

- Nausea
- Heartburn
- Bloat
- Diarrhea
- Constipation
- Vomiting

Month 1 check-in

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ENERGY + MOOD

- Fatigue
- Hyperactive
- Mood swings
- Anger / irritability
- Depression
- Anxiety

SLEEP

- Difficulty falling asleep
- Difficulty staying asleep
- Insomnia
- Restless legs
- Leg cramping
- Daytime drowsiness

OTHER

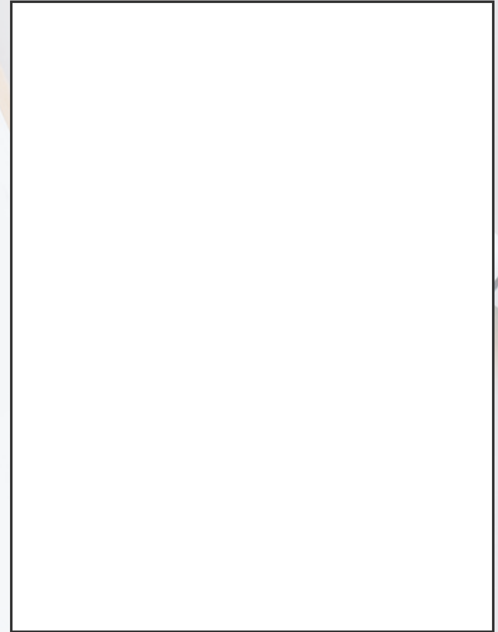
- Hair loss
- Flaky scalp
- Achy joints
- Muscle soreness
- Food cravings
- Other:

self-care planner

Monday

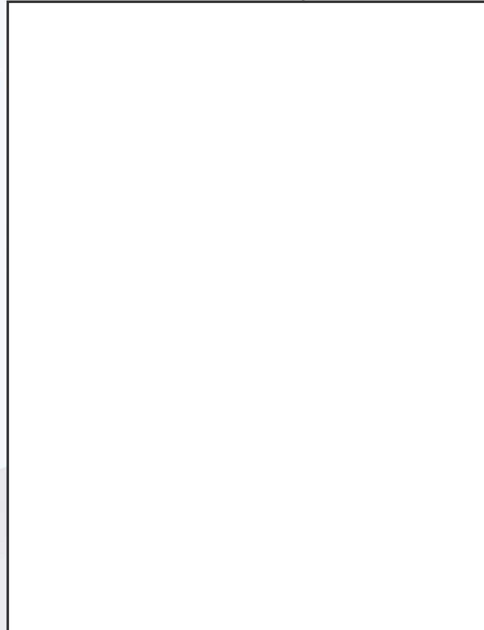
Tuesday

Wednesday

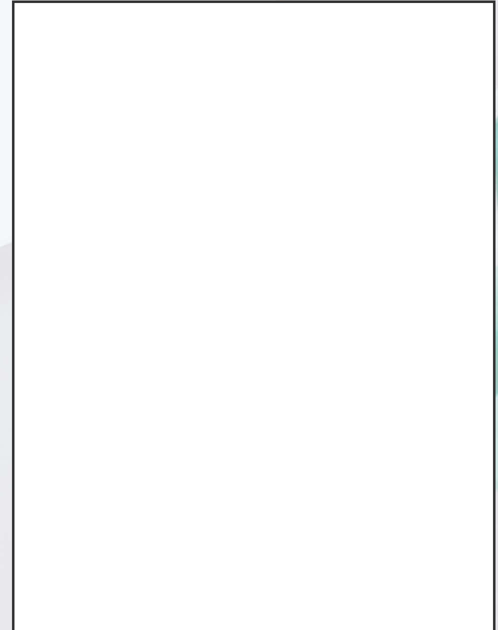


Thursday

Friday



Sat/Sun



Month 2

Body, Mind, and Soul Transformation

Month 2 check-in

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EYES + NOSE + SKIN

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- Acne
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DIGESTIVE

- Nausea
- Heartburn
- Bloat
- Diarrhea
- Constipation
- Vomiting

Month 2 check-in

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SLEEP

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OTHER

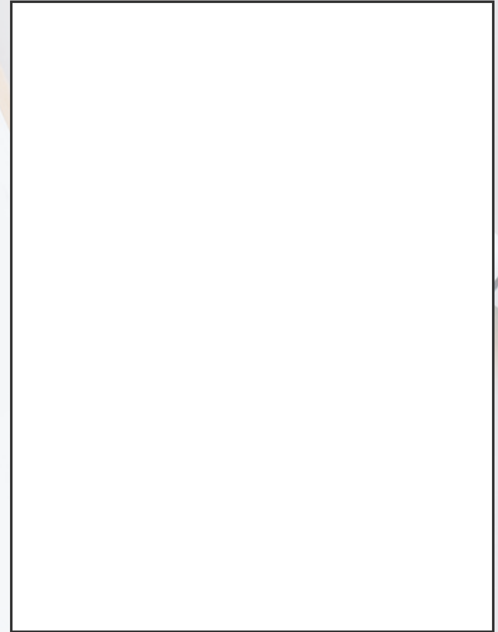
- Hair loss
- Flaky scalp
- Achy joints
- Muscle soreness
- Food cravings
- Other:

self-care planner

Monday

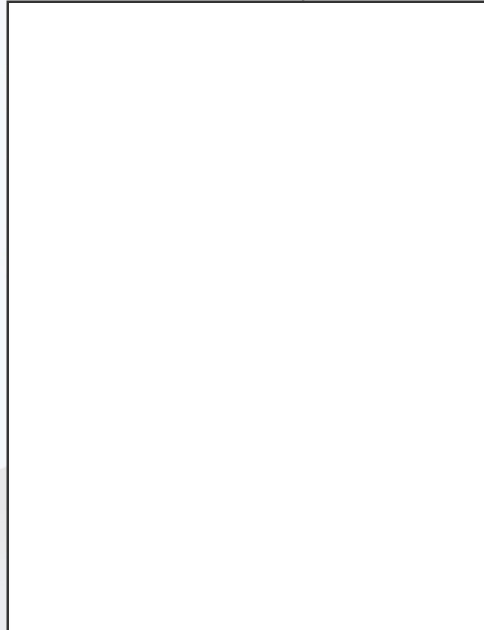
Tuesday

Wednesday

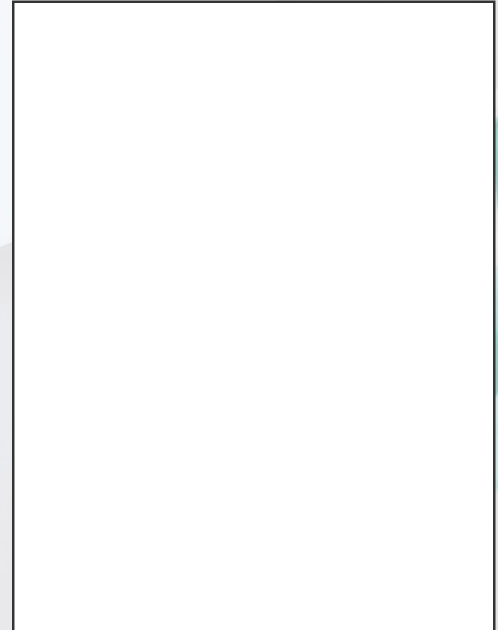


Thursday

Friday



Sat/Sun



Month 3

Body, Mind, and Soul Transformation

Month 3 check-in

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HEAD + MIND

- [ ] Headache
- [ ] Migraine
- [ ] Forgetfulness / poor memory
- [ ] Poor concentration
- [ ] Brain fog
- [ ] Dizziness

EYES + NOSE + SKIN

- [ ] Watery eyes
- [ ] Blurred vision
- [ ] Congested / runny nose
- [ ] Sinus discomfort
- [ ] Acne
- [ ] Hives / rashes

DIGESTIVE

- [ ] Nausea
- [ ] Heartburn
- [ ] Bloat
- [ ] Diarrhea
- [ ] Constipation
- [ ] Vomiting

Month 3 check-in

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SLEEP

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OTHER

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- Flaky scalp
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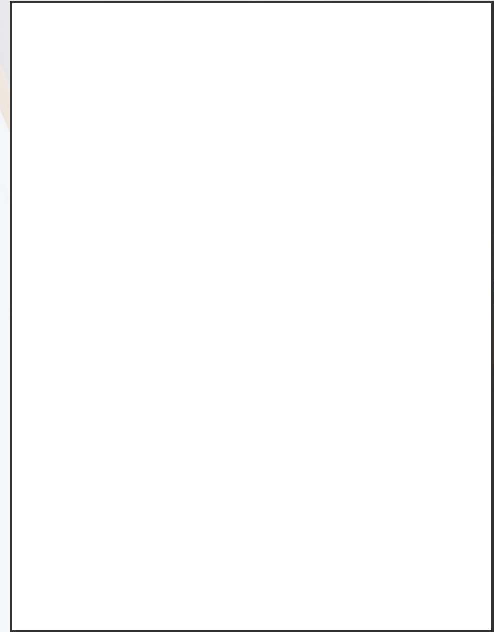
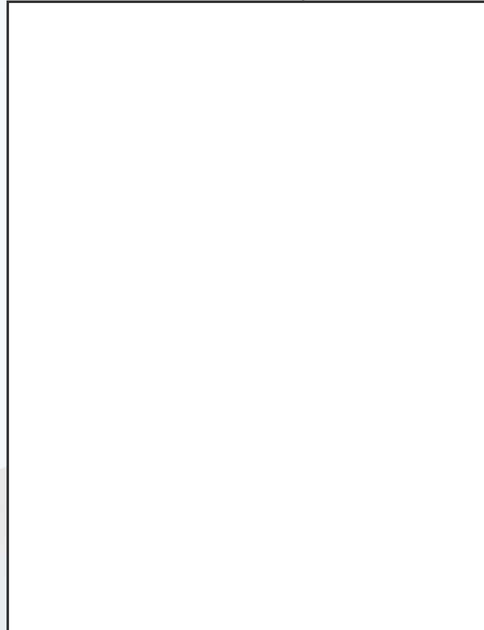
Wednesday

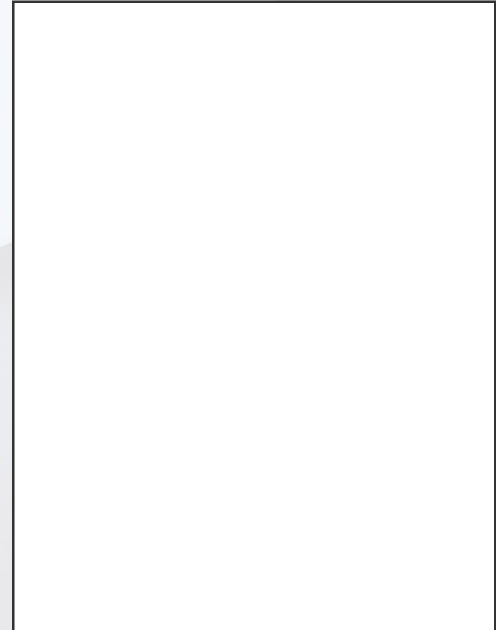


Thursday

Friday



Sat/Sun



Month 4

Body, Mind, and Soul Transformation

Month 4 check-in

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- Constipation
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Month 4 check-in

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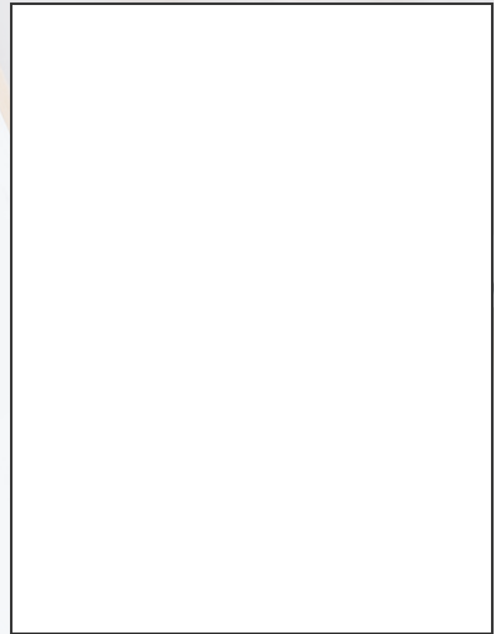
Monday

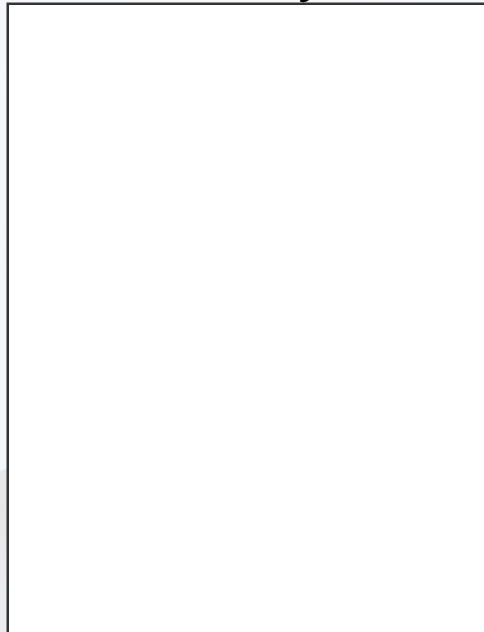
Tuesday

Wednesday



Thursday

Friday



Sat/Sun