

Wellness tracker



Why monitor your wellness?

'Wellness' covers many aspects of your health and wellbeing: quality of sleep, stress levels, mood and energy levels.

Monitoring your wellness can help to provide a true indication and increase self-awareness of your current wellbeing state.

How to monitor your wellness?

- Complete the wellness questionnaire each morning before you start work.
- For each wellness aspect; write down a score for how you currently feel.
- Add up each score to get your 'Daily wellness total'.

Daily wellness total

 16-20

 10-15

 4- 9

1	2	3	4	5
Very poor	Poor	Fair	Good	Very good

	Monday	Tuesday	Wednesday	Thursday	Friday
Energy levels					
Previous night's sleep					
Stress levels					
Mood					
Daily wellness total					

For 7 ideas to enhance your wellness, visit www.fitin50.co.uk