

◆ Zenova Wellness ◆

Daily Wellness Tracker

Your daily check-in for a thriving life — by Zenova Wellness

Name:

[Your Name]

Date:

[Date]

Location:

[Location]

Week #:

 *"Small daily habits create lasting transformation."* 

This tracker is designed to help you tune in to your body, notice patterns, and support your well-being — one intentional day at a time. There are no right or wrong answers. Simply observe, with curiosity and kindness.

Morning Check-In

Start your day by tuning in. Take a slow breath and notice how you feel right now — before the day takes over.

Wake Time	Bed Time (Previous Night)	Hours of Sleep

Morning Energy Level (circle your number)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very Low	Very High								

Morning Mood (circle your number)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low / Flat	Uplifted / Joyful								

Morning Intention


Today I want to feel...

Did you drink water within 30 minutes of waking?	Movement Planned
<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No Type: _____

Nutrition Log

Notice how different foods make your body feel — not as judgment, but as information. Your practice, your pace.

Meal	Time	What I Ate	How I Felt After	Hunger Level (1–5)
Breakfast				
Morning Snack				
Lunch				
Afternoon Snack				
Dinner				
Evening Snack				

 Glasses of Water Today	Tracker
Goal: 8 glasses — Actual: _____ / 8	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Supplements Taken Today

Fill in what you took and check the box when done. Intended for personal tracking only — not medical guidance.

<input checked="" type="checkbox"/>	Supplement / Item	<input checked="" type="checkbox"/>	Supplement / Item
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

Movement & Body

Movement is medicine for your nervous system. Notice how your body responds — whatever you do counts.

Activity Type	Duration	Intensity	How My Body Felt
		<input type="radio"/> Light <input type="radio"/> Moderate <input type="radio"/> Intense	
		<input type="radio"/> Light <input type="radio"/> Moderate <input type="radio"/> Intense	
		<input type="radio"/> Light <input type="radio"/> Moderate <input type="radio"/> Intense	

Body Awareness Note

Any tension, discomfort, or sensations to notice today? Tune in with curiosity, not alarm.

Energy & Focus Log

Rate your energy and focus each hour to spot your natural rhythm. Use this to support — not judge — yourself. Scale: 1 = Very Low, 5 = Very High.

Hour	Energy (1–5)	Focus (1–5)	Notes
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			

Hour	Energy (1-5)	Focus (1-5)	Notes
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			

Stress & Nervous System

Your nervous system works hard for you. This section helps you notice what it's carrying today — and what may support it.

Overall Stress Level Today (circle your number)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very Calm	Very Stressed								

Stress Triggers Noticed Today

Coping Tools Used Today

Check all that may have supported you today.

Breathwork Walk Journaling	Rest / Nap Music Nature / Outdoors	Stretching Talk to someone Other: _____
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Nervous System Reset Moment Today

Did you have a reset moment?	What helped?
<input type="radio"/> Yes <input type="radio"/> No	

Evening Check-In

Take a breath. The day is winding down. Let yourself arrive here — fully and gently.

Evening Energy & Mood (circle your number)

Category	1	2	3	4	5	6	7	8	9	10
Evening Energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evening Mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Three Wins From Today

They don't have to be big. Showing up counts. Being kind counts. Rest counts.

1.	
2.	
3.	

One Thing I Could Do Differently Tomorrow

Gratitude Note

Today I'm grateful for...

Tomorrow's Intention

As I move into tomorrow, I want to...

Sleep Prep

How you close your day shapes how tomorrow begins. Your wind-down is part of your practice.

Screen-Off Time	Lights Out Time	Overall Day Rating (1–10)
		○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Wind-Down Routine Tonight


Check what you did to support your body's transition into rest.


Reading Stretching	Meditation Herbal Tea	Bath / Shower Journaling Other: _____
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Daily Wellness Snapshot


A quick summary to close out your day. Rate each area 1–5 to see your overall picture at a glance.


◆ Today's Summary — [Your Name] | [Date]


 Sleep

 Mood

 Energy

 Stress

 Hydration

 Movement

1

2

3

4

5

1

2

3

4

5

1

○ 2

○ 3

○ 4

○ 5

○ 1

○ 2

○ 3

○ 4

○ 5

○ 1

○ 2

○ 3

○ 4

○ 5

○ 1



○ 2

○ 3

○ 4

○ 5

Today's Reflection:

 *You showed up for yourself today, [Your Name]. That is everything.* 

— Zenova Wellness ♦ zenovawellness.me

 **Wellness Disclaimer**

This tracker is intended for personal wellness tracking purposes only and does not constitute medical advice. The prompts and tools within this document are designed to help you notice and record your daily experiences — they are not diagnostic instruments and should not be used to diagnose, treat, cure, or prevent any health condition. Ratings and observations recorded here are for personal reflection only. Consult a qualified healthcare professional for any health concerns, symptoms, or before making changes to your health routine.