

HAPPY & HEALTHY JOURNAL

Created by Patti Green



This book belongs to:



Welcome to your Happy + Healthy Journal! My name is Patti Green and I've created this journal for you to keep track of your health and wellness daily!

Writing in your journal daily will remind you of how important it is to take care of YOU!

When you use the Happy + Healthy Journal it will help remind you to:

- eat healthy foods and drinks every day
- exercise every day
- be your best every day
- read and write every day
- be kind every day
- take care of YOU every day
- set a goal for the day
- do something creative every day

You are very special and I want you to live a healthy and happy lifestyle!

Have fun writing in your journal!

Love,

Patti Green



Getting Started

To get started, create your very own health + wellness daily schedule. I've outlined some ideas, but each person is different.

Think about what you need to do to be healthy, keep learning, be kind & helpful, stay active and enjoy the day.

MORNING ROUTINE

- Wake up with a smile
- Meditate
- Make the bed
- Wash face
- Floss and brush your teeth
- Brush/comb hair
- Put on clean clothes
- Eat a healthy breakfast
- Clean up the dishes
- Help with chores around the house
- Sit in a quiet space to read
- Watch an educational video or tv show
- On-line schooling
- Go outside and play, walk or ride your bike

AFTERNOON ROUTINE

- Wash hands
- Eat a healthy lunch
- On-line schooling
- Help around the house
- Take care of siblings
- Help a neighbor or elderly person
- Read, write, and learn
- Go outside and play, walk, ride your bike or exercise

EVENING ROUTINE

- Help with dinner
- Eat a healthy dinner
- Clean up
- Take a shower or clean face
- Floss and brush teeth
- Put on clean pajamas
- Read
- Get to bed early

The following are ways to live a healthy lifestyle:

NOURISH YOUR BODY

You want your body to function at it's best, so it's important to feed it foods with plenty of vitamins, minerals and health benefits.

- Eat fresh fruits
- Eat plenty of colorful vegetables
- Drink lots of water
- Avoid sugary drinks

MOVE YOUR BODY

Exercise is important for your mind, body and soul. You want to make sure you exercise at least 30 minutes every day.

- Ride your bike
- Walk or jog
- Play in a safe space
- Enjoy organized sports

EXERCISE YOUR MIND

Reading and writing exercise your mind.

- Make sure you read 1-2 books each week
- Write in your journal daily
- Play a board game with your family
- Learn a foreign language

BE YOUR BEST

When you are the best you can be, you feel good about yourself.

- Be kind
- Help those who need it
- Take care of your clothes-wash, iron, fold
- Clean your nails
- Take a shower or bath
- Wash the sheets and towels you use once a week

HEALTH + WELLNESS

Taking care of you is important!!

- Always wash your hands
- Take care of your teeth.
Floss and brush your teeth 2 morning and night.
- Limit the amount of sugar you eat
- Eat plenty of fruits and vegetables
- Learn to cook healthy foods
- Meditate
- Practice breathing
- Exercise
- Visit the doctor and dentist every year



Fill in the month and days of the calendar

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MY MONTHLY GOALS:

Write out your daily routines that you can follow.

MORNING ROUTINE

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AFTERNOON ROUTINE

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EVENING ROUTINE

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Daily Journal

Fill out the journal pages every day to document your health and wellness successes!

I AM GRATEFUL FOR:

(1) _____

(2) _____

(3) _____

MY GOAL FOR TODAY IS:

THE FOODS I ATE: (circle/color and write in if not shown)

Fruits (3)



Vegetables (5)



Water



MOVE MY BODY:

Exercise 30 minutes, 3 times a day



WHAT I READ TODAY:

WHAT I WROTE TODAY:

DID I FOLLOW MY ROUTINE?

Morning
(Y) or (N)

Afternoon
(Y) or (N)

Evening
(Y) or (N)

HOW DID I FEEL TODAY:



WHAT WAS THE BEST PART OF MY DAY?

HOW CAN I IMPROVE?

WHAT AM I THANKFUL FOR?

Free Writing Space
