

Weekly Wellness Journal

A weekly summary for personal observations and patterns

WEEK BEGINNING

Use these ratings as informal journaling scales, not clinical measures.
Record observations without trying to interpret them or draw conclusions.

MY WEEK AT A GLANCE

OVERALL WEEKLY RATINGS

Choose one description for the week as a whole

- | | | | | | |
|-----------------------|------------------------------------|-------------------------------|-----------------------------------|-------------------------------|------------------------------------|
| Overall sleep quality | ☐ Very Poor | ☐ Poor | ☐ Fair | ☐ Good | ☐ Very Good |
| Overall energy | ☐ Very Low | ☐ Low | ☐ Moderate | ☐ High | ☐ Very High |
| Overall mood | ☐ Very Low | ☐ Low | ☐ Moderate | ☐ High | ☐ Very High |
| Overall stress | ☐ Very Low | ☐ Low | ☐ Moderate | ☐ High | ☐ Very High |

WEEKLY OBSERVATIONS

MOVEMENT / ACTIVITY THIS WEEK:

DIGESTION / BOWEL PATTERN THIS WEEK:

REST / ROUTINE CONTEXT WORTH REMEMBERING:

SYMPTOMS / CHANGES THAT STOOD OUT:

Weekly Wellness Journal

A reflective record to bring to appointments if useful

LOOK FOR PATTERNS, NOT CONCLUSIONS

This page helps you remember what you noticed. It does not diagnose symptoms, explain their cause, or recommend treatment.

WEEKLY REFLECTION

WHAT STOOD OUT THIS WEEK?

WHAT FELT EASIER OR HARDER?

ROUTINES / CONTEXT WORTH REMEMBERING

QUESTIONS / NOTES FOR HEALTHCARE APPOINTMENTS