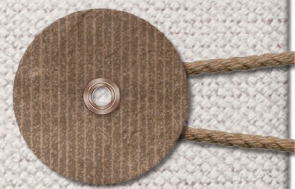


Wellness Journal



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'Violence-free society,
disease-free body,
quiver-free breath,
confusion-free mind,
inhibition-free intellect,
trauma-free memory, and
sorrow-free soul
is the birthright of every human being'

~ Gurudev Sri Sri Ravi Shankar ~

This journal belongs to

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21-Day Challenge Trackers 22 Habits for 2022	Detox / Fasting Plan	Quarter 3 July August September	Notes Dot Notes Grid Notes Lined Notes Plain Notes
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Fasting / Detox Calendar

January

[illegible]

February

[illegible]

July

[illegible]

August

[illegible]

March

[illegible]

April

[illegible]

September

[illegible]

October

[illegible]

May

[illegible]

June

[illegible]

November

[illegible]

December

[illegible]



Weight Tracker

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Mood Tracker

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HAPPY	DEPRESSED
THRILLED	ANGRY

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21 Day Challenge Tracker

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21 Day Challenge Tracker

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Vitals

Vitals	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Healthy
Height													
Weight													
Blood Group													
Blood Pressure													
FBS													
Avg Heart Rate													
Doctor													
Health Insurer													

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Vitals

Vitals	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Healthy
CBC													
CRP													
ESR													
Lipid Profile													
Liver Function tests - ALT, AST, GGT, Alkaline phosphatase													
Renal Function Tests - Blood urea, serum creatinine, uric acid, routine urine, microalbumin in urine													
TSH													
HBA1C													
FBS or PBS													
Vitamin D													
Vitamin B12													
Serum Testosterone													
Homocysteine													
Doctor													
Health Insurer													

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Vata Time

Pitta Time

Kapha Time

Dinacharya (Daily Routine)

😊	Time	MON	TUE	WED	THU	FRI	SAT	SUN
	03:00 - 03:30							
	03:30 - 04:00							
	04:00 - 04:30							
	04:30 - 05:00							
	05:00 - 05:30							
	05:30 - 06:00							
	06:00 - 06:30							
	06:30 - 07:00							
	07:00 - 07:30							
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	21:30 - 22:00							

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Self Care Routines / Plan

Personal Hygiene / Grooming	Routine	Products
Body Care		
Skin Care		
Hair Care		
Dental Care		
Nail		
Facial and Body Hair		
Hair cut		
Nasal Passages		

Sadhana	Routine	Program / App



Quarter 1

“



Quarter 2

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May



Quarter 3

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July

September



Quarter 4

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Q 2

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May

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Q 3

Jul

Aug

Sep

Q 4

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Dec

Day

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Meal Tracker

Meal	Time	Hunger Level	Photo / Description	Meal Score
Breakfast				☆☆☆☆☆
Lunch				☆☆☆☆☆
Snacks				☆☆☆☆☆
Dinner				☆☆☆☆☆
Water 1L = 4.2 cups]		Supplements		
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Sadhana & Exercise Tracker

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Routine	Morning	Afternoon	Evening
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Notes

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- Dot Notes
- Grid Notes
- Lined Notes
- Plain Notes
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Day	DD	MM	YYYY



Day

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