

How to Use This Tracker

Welcome to the Wellness Mantra 30-Day Motivation Tracker!

- ✓ Use this daily log to track your goals, meals, mood, and habits.
- ✓ Write affirmations and one thing you're proud of each day.
- ✓ Reflect weekly to stay aligned with your vision.
- ✓ Stay inspired with quotes and take it one day at a time.

Remember: Progress is progress, no matter how small. Let's do this together!

Weekly Reflection

1. What went well this week?

2. What challenged you?

3. What will you do differently next week?

4. Motivational Quote of the Week:

"Your body can stand almost anything. It's your mind you have to convince."