

Weekly wellness reflection

A printable worksheet for women ages 35-50

Week beginning: _____

Use this page to notice your own experience, in your own words. There are no right answers. This is for personal observation, not medical interpretation.

DAILY CHECK-IN

A short word or number is enough. For sleep, note hours or anything you remember about the night.

MONDAY Energy: _____ Mood: _____ Sleep: _____

TUESDAY Energy: _____ Mood: _____ Sleep: _____

WEDNESDAY Energy: _____ Mood: _____ Sleep: _____

THURSDAY Energy: _____ Mood: _____ Sleep: _____

FRIDAY Energy: _____ Mood: _____ Sleep: _____

SATURDAY Energy: _____ Mood: _____ Sleep: _____

SUNDAY Energy: _____ Mood: _____ Sleep: _____

LOOKING BACK

What did I notice about my energy, mood, or sleep this week?

What felt supportive or made a difference for me?

What would I like to make room for next week?
