**Wellness Reset Journey**

***“Walking is a [hu]man’s best medicine.”***

**- Hippocrates**

**MARCH 2021 – PERSONAL DAILY STEP COUNT TRACKER**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | **Monday** | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | \* |  |  |  |  |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  |  |  |  |  |  |  |
| 21 | 22 | 23 | 24  | 25 | 26 | 27 |
|  |  |  |  |  |  |  |
| 28 | 29 | 30 | 31 |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**\*EACH MONDAY,** [**REPORT YOUR WEEKLY STEP COUNT ONLINE HERE**](https://forms.office.com/Pages/ResponsePage.aspx?id=YZ3odw9XsEO55GNPRi40uFPXHKSZ6XBJjQQqaMDilFlUNzBaME1HNVFYQzhOU1JDVkFNVktDQ1IzMi4u)



**Wellness Reset Journey**

***“I love walking because it clears your mind, enriches the soul, takes away stress,***

 ***and opens up your eyes to a whole new world.”***

**- Claudette Dudley**

**APRIL 2021 – PERSONAL STEP COUNT** **TRACKER**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | **Monday** | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  | \* |  |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  |  |  |  |  |  |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  |  |  |  |  |  |  |
| 25 | 26 | 27 | 28 | 29 | 30 |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**\*EACH MONDAY,** [**REPORT YOUR WEEKLY STEP COUNT ONLINE HERE**](https://forms.office.com/Pages/ResponsePage.aspx?id=YZ3odw9XsEO55GNPRi40uFPXHKSZ6XBJjQQqaMDilFlUNzBaME1HNVFYQzhOU1JDVkFNVktDQ1IzMi4u)



**Wellness Reset Journey**

***“Walking is the great adventure, the first meditation,***

***a practice of heartiness and soul primary to humankind.”***

**- Gary Snyder**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | **Monday** | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  | \* |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  |  |  |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  |  |  |  |  |  |  |
| 30 | 31 |  |  |  |  |  |

**MAY 2021 – PERSONAL DAILY STEP COUNT TRACKER**

**\*EACH MONDAY,** [**REPORT YOUR WEEKLY STEP COUNT ONLINE HERE**](https://forms.office.com/Pages/ResponsePage.aspx?id=YZ3odw9XsEO55GNPRi40uFPXHKSZ6XBJjQQqaMDilFlUNzBaME1HNVFYQzhOU1JDVkFNVktDQ1IzMi4u)



**Wellness Reset Journey**

***“Every step we take will reinforce our peace and joy and cause a stream of calm energy to flow through us.”***

 ***- Thich Nhat Hanh***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | **Monday** | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  | \* |  |  |  |  |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  |  |  |  |  |  |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  |  |  |  |  |  |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  |  |  |  |  |  |  |
| 27 | 28 | 25 | 26 | 27 | 28 | 29 |
|  |  |  |  |  |  |  |
| 30 | 31 |  |  |  |  |  |

**JUNE 2021 – PERSONAL DAILY STEP COUNT TRACKER**

**\*EACH MONDAY,** [**REPORT YOUR WEEKLY STEP COUNT ONLINE HERE**](https://forms.office.com/Pages/ResponsePage.aspx?id=YZ3odw9XsEO55GNPRi40uFPXHKSZ6XBJjQQqaMDilFlUNzBaME1HNVFYQzhOU1JDVkFNVktDQ1IzMi4u)



**Wellness Reset Journey**

**PERSONAL WELLNESS JOURNAL**

* *What new activities would you add to accomplish your intentions / goals for your Wellness Reset Journey?*
* *What are you learning during your Wellness Reset Journey?*