

# 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](#)**



Visit the [Wellness Reset Journey Webpage](#)  
For Information <mailto:wellness@mountsinai.org>

# 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	

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“Better Together”

# Wellness Reset Journey

*“Walking is the great adventure, the first meditation, a practice of heartiness and soul primary to humankind.”*

- Gary Snyder

## MAY 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					

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# 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*

## JUNE 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		
30	31					

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# 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?*