

# My WellPath

Your Unique  
Wellbeing Journey



Physical Wellbeing  
Journal

# Identify Your What's and Why's



When you think of "physical wellbeing" what words come to mind?

Based on the words you wrote down, what areas do find challenging?

Which areas would you like to improve or develop and why?







# Midway Check-in: How's it Going?



What's working?

What's not working and how am I going to adjust the goal or change the activity?

What else? Are there any other activities or habits I want to try now?

# Reflection



Which activities or habits helped me the most?

Which activities weren't as helpful as I expected?

Which activities or habits do I want to keep doing?

# Notes



A large, empty rectangular box with rounded corners and a teal border, intended for writing notes.