Aloha Wellness Activity Tracker

1. Focus Areas

List the wellness domains you work on (e.g., Physical, Emotional, Social, Financial, etc.)

Domain	Goal or Focus	Start Date	Target Date

2. Action Plan

Write down the specific strategies or activities you are trying.

Date	Activity or Strategy	Why I Chose It	Expected Outcome

3. Reflection & Effectiveness

Evaluate how well the strategies worked and what you learned.

Date	What Worked Well?	What Didn't Work?	Adjustments for Next Time

4. Impact Scale

Rate how helpful each strategy has been for you on a scale of 1-5.
(1 = Not Helpful, 5 = Extremely Helpful)

Activity	Rating (1-5)	Notes on Effectiveness

5. Final Reflections

- What patterns am I noticing in my wellness journey?
- What adjustments will I make moving forward?
- What support or resources do I need?