



ALLERGEN SELF-CARE DIARY

YOUR WEEKLY WELLNESS CHECK-IN

Starting a new wellness regimen can seem a little overwhelming—but really, all it takes is a little organization. Use our helpful daily Allergen Self-Care Diary to help you stay on track during allergen season.

	SLEEP	DIET	H2O	STRESS	EXERCISE	HERBS	NOTES
MON	1 6	BREAKFAST		YOGA			
	2 7			✓ X		AM	
	3 8	LUNCH				✓ X	
	4 9	DINNER		✓ X		PM	
	5 10					✓ X	TODAY
TUE	1 6	BREAKFAST		YOGA			
	2 7			✓ X		AM	
	3 8	LUNCH				✓ X	
	4 9	DINNER		✓ X		PM	
	5 10					✓ X	TODAY
WED	1 6	BREAKFAST		YOGA			
	2 7			✓ X		AM	
	3 8	LUNCH				✓ X	
	4 9	DINNER		✓ X		PM	
	5 10					✓ X	TODAY
THU	1 6	BREAKFAST		YOGA			
	2 7			✓ X		AM	
	3 8	LUNCH				✓ X	
	4 9	DINNER		✓ X		PM	
	5 10					✓ X	TODAY



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	SLEEP	DIET	H2O	STRESS	EXERCISE	HERBS	NOTES
FRI	1 6	BREAKFAST		YOGA			
	2 7			✓ X		AM	
	3 8	LUNCH				✓ X	
	4 9	DINNER		MEDITATION		PM	
	5 10			✓ X		✓ X	TODAY
SAT	1 6	BREAKFAST		YOGA			
	2 7			✓ X		AM	
	3 8	LUNCH				✓ X	
	4 9	DINNER		MEDITATION		PM	
	5 10			✓ X		✓ X	TODAY
SUN	1 6	BREAKFAST		YOGA			
	2 7			✓ X		AM	
	3 8	LUNCH				✓ X	
	4 9	DINNER		MEDITATION		PM	
	5 10			✓ X		✓ X	TODAY