



Session 01 – Big Little Things: Daily Tracker

Perform your daily check-in using the card below. Rate your day in each category as follows: **3 - GREAT!** | **2 - Alright** | **1 - Needs Attention**. At the end of the week, review your trend line and complete the reflection box at bottom. For more information about physical wellbeing, please refer to the educational resources you have been provided.

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PHYSICAL WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1

REFLECTION! What is your trend line telling you?	What area(s) were you strong this week?	What area(s) might need your attention next week?

Checking In

As you consider the state of your physical wellbeing, you may want to explore the following questions:

- How does my body feel today? Where do I feel tightness or discomfort?
- How would I describe my energy level today?
- What areas of my physical wellbeing need my attention?
- How am I connecting with my senses? What do I smell, hear, or taste?
- Are other areas of my wellbeing impacting my physical being?