

Weekly Body Check-In Tracker

Track energy, symptoms, sleep, and movement — one week at a time.

For personal tracking only. Not a medical record. Always bring this to your healthcare provider.

Week of:

Name (optional):

Day	Energy (1–5)	Pain / Discomfort	Sleep Hrs	Movement	Mood (1–5)	Symptoms / Notes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

WEEKLY REFLECTION

What helped me feel better this week?

What was most challenging?

One thing I want to mention at my next appointment:

How am I caring for my whole self — body, mind, and spirit?

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." — 3 John 1:2, NKJV