



The Primary Health Awareness Trust

Printable Weekly Health Tracker

Day	Water (8 glasses)	Exercise (mins)	Meals (Healthy?)	Sleep (hrs)	Mood	Notes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Instructions:

- Tick off each glass of water as you drink it.
- Record minutes of movement, including walking or gentle exercise.
- Note whether meals were healthy and balanced.
- Track your sleep hours and note how rested you feel.
- Use the mood box to draw a face, use emojis, or write how you feel.
- Use notes for anything unusual like symptoms, new habits, or reminders.