

RA Wellness Habit Trackers

[1] This is from BeingWell.Health

[2] For further details, visit: <https://www.beingwell.health/blog-posts/wellness-pillars-overview.html>

Blank Habit Tracker

Week 1

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1											
2											
3											
4											
5											
6											
7											

Week 2

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1											
2											
3											
4											
5											
6											
7											

Week 3

Prefilled Habit Tracker

Week 1

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
2	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
3	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
4	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
5	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
6	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
7	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	

Week 2

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
2	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
3	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
4	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
5	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
6	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	
7	Eat 1 gluten/dairy free meal	2 glasses water AM	Bedtime same time 3 nights							Take meds	

Week 3

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
2	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
3	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
4	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
5	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
6	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
7	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	

Week 4

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
2	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
3	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
4	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
5	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
6	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	
7	Eat 2 gluten/dairy free meals	3 glasses water AM	Bedtime same time 5 nights	Talk to someone daily	1 joyful activity	1 stretch/day → +1 daily				Take meds	

Week 5

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
2	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
3	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
4	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
5	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
6	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
7	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	

Week 6

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
2	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
3	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
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5	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
6	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	
7	3 gluten/dairy free meals	4 glasses water AM	Consistent bedtime	Daily check-in with community	2 joyful activities	Stretch + Exercise 1 rep → +1 daily	Exercise 1 rep → +1 daily	Meditate 5min 3x	Gratitude note daily	Take meds	

Week 7

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
2	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
3	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
4	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
5	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
6	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
7	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect

Week 8

Day	Nutrition	Hydration	Sleep	Community	Self-Care	Stretching	Exercise	Meditation	Journaling	Medicine	Notes
1	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
2	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
3	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
4	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
5	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
6	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect
7	All meals gluten/dairy free	100oz water/day	Bedtime/wake up consistent	Talk daily	Self-care daily	Stretching routine	Exercise routine	Meditate daily	Gratitude journal daily	Take meds	Reflect