Personalized Wellness Roadmap

A direction for your next 30 days.

> *“Be transformed by the renewing of your mind.” — Romans 12:2*

My reason for beginning

Write here	
Notes	

My wellness vision

Write here	
Notes	

My three priority goals

Write here	
Notes	

Personalized Wellness Roadmap

Daily intentions and reflection

My daily intentions

Habits I want to strengthen	
My 30-day action plan	
Reflection and progress	

Optional faith intentions

Prayer, gratitude, Scripture, or spiritual growth intention	
Notes	

Keep this roadmap personal and general. Avoid recording health conditions, medications, or other sensitive medical information.