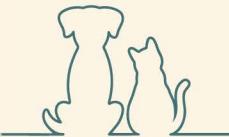


# Daily Wellness Log





**DATE :**

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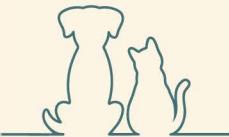
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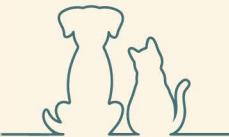
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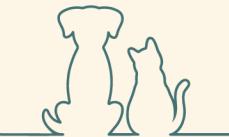
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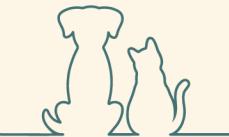
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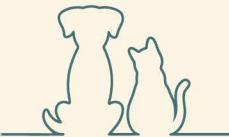
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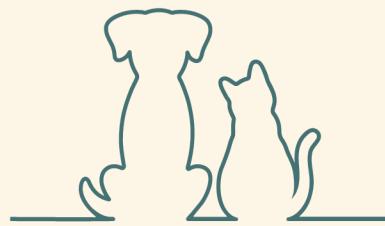
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# Weekly Reflection



WEEK : \_\_\_\_\_

## AVERAGE WELLNESS SCORES (AVERAGE SCORE 1-5)

ENERGY LEVEL:	
APPETITE:	
HYDRATION & URINATION:	
DIGESTIVE HEALTH:	
SKIN & COAT:	
BEHAVIOR & MOOD:	
WEIGHT & BODY CONDITION:	

## REFLECTION PROMPTS

WHAT CHANGES DID I NOTICE IN MY PET'S HABITS THIS WEEK?

WHICH AREAS STAYED BALANCED OR IMPROVED?

WHICH AREAS WORSENED?

DID ANY SCORES MOVE BELOW OR ABOVE OPTIMAL 3?

DO THESE MATCH ANY OF THE 5 SIGNS OF METABOLIC IMBALANCE?