



IT'S  FETCH

HEALTH + WELLNESS

SELF-CARE WORKBOOK

ITSFETCH.CO



*GETTING
STARTED...*

HEALTH + WELLNESS

HEY THERE,
THANKS FOR DOWNLOADING THIS FREE
WELLNESS WORKBOOK. BEFORE YOU
GET STARTED, WE'D LIKE TO QUICKLY
INTRODUCE OURSELVES.

WE'RE IT'SFETCH, YOUR NEW HEALTH +
WELLNESS RESOURCE.

WE HELP WOMEN ACCESS HEALTH
INFORMATION THAT EMPOWERS THEIR
DECISION-MAKING AND PROVIDES A
SAFE COMMUNITY IN WHICH THEY CAN
SAFELY ASK, SHARE OR EVEN VENT
ABOUT THEIR HEALTH ISSUES WITHOUT
STIGMA OR JUDGMENT.

WE ARE LOWERING THE BARRIER TO
ACCESS TO THE HEALTH INFORMATION
ON THE LEAST TALKED ABOUT HEALTH
AND WELLNESS TOPICS AFFECTING
WOMEN TODAY, AND BY PROVIDING A
SAFE SPACE FOR THEM TO OPENLY
DISCUSS AND SHARE WITH OTHERS IN
THE COMMUNITY.

THIS WORKBOOK WAS DEVELOPED WITH
THE INTENTION TO HELP YOU GET
STARTED ON YOUR WELLNESS JOURNEY.
LEARN TO SET GOALS, AND DEFINE
WHAT'S IMPORTANT TO YOU.

FOR MORE HEALTH + WELLNESS VISIT US
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IT'SFETCH TEAM



3 STEP PROCESS

STEP ONE

BEFORE YOU JUMP RIGHT INTO GOAL SETTING, LET'S FIGURE OUT SOMETHING IMPORTANT: YOUR INTENTIONS. TAKE SOME TIME TO JOT DOWN WHAT YOU INTEND TO GAIN OUT OF THIS WORKBOOK.

STEP TWO

DEVELOP A SHORT LIST OF AREAS YOU'D LIKE TO FOCUS ON: NUTRITION, FITNESS, MINDFULNESS, ETC. TRY NOT TO TACKLE EVERYTHING AT THE SAME TIME. REMEMBER THIS IS A SHORT LIST THAT YOU CAN BUILD ON.

STEP THREE

USE THE WORKSHEETS BELOW TO GET YOU STARTED WITH GOAL SETTING, IDENTIFYING AREAS YOU'D LIKE TO DEVELOP, AND TO TRACK AND MEASURE YOUR PROGRESS. BE SURE TO COME BACK TO YOUR NOTES AT THE END OF THE WEEK OR MONTH TO SEE HOW FAR YOU'VE COME.



SELF-CARE

01
02
03

[illegible]

FILLABLE CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

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NIGHT SELF-CARE

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MULTIPLE SECTION CHECKLIST

MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED.

SECTION ONE: EX. NUTRITION

☐☐☐☐☐

SECTION TWO:

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SECTION THREE:

☐☐☐☐☐

SECTION FOUR:

☐☐☐☐☐

SMART GOALS

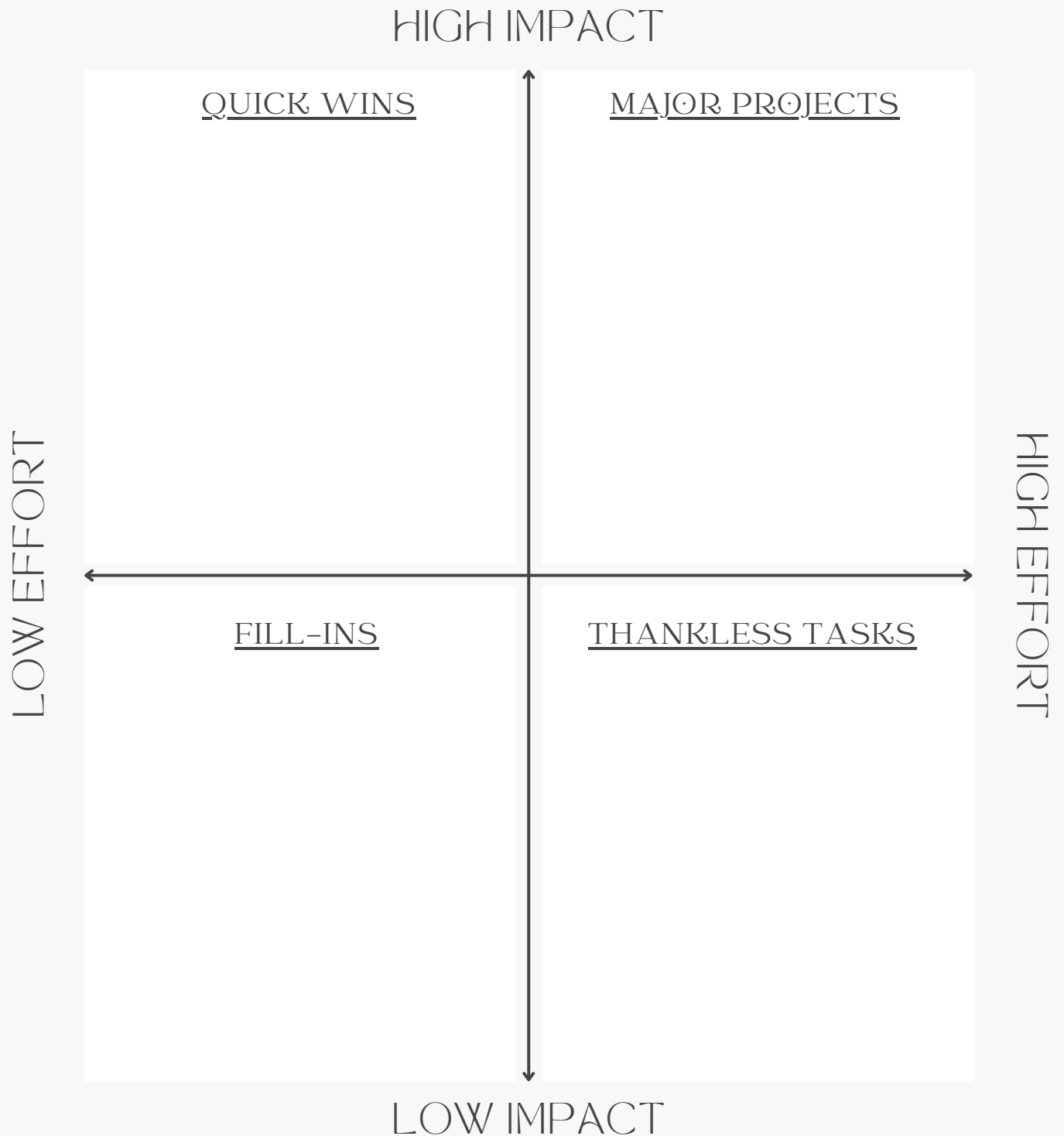
WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



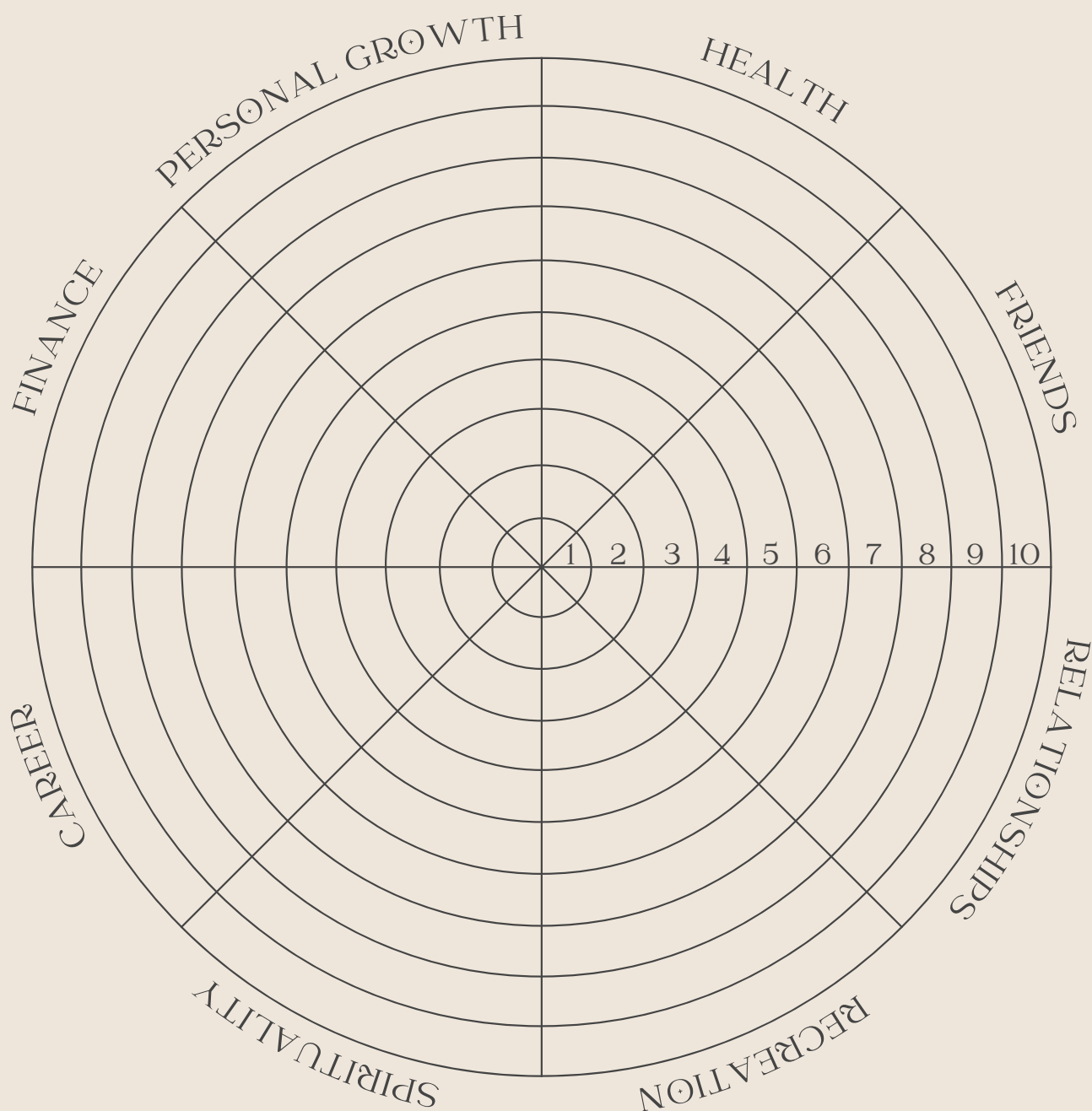
ACTION PRIORITY MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



7 DAY HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES



LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			

WEEKLY GOALS TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>



UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



THANKS!

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WE HOPE YOU LOVED THIS HEALTH +
WELLNESS WORKBOOK.

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MORE HEALTH AND WELLNESS
ARTICLES AND JOIN OUR
COMMUNITY OF AMAZING WOMEN
ON THEIR WELLNESS JOURNEY.

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