

# Holiday Balance Tracker - *Small Wins for a Balanced, Joyful Season*

**Instructions:** Each day, take a few minutes to check in with yourself. This tracker isn't about perfection — it's about awareness. Tiny daily actions build lasting balance.

*(You can print multiple copies for each week of the season.)*

Day	Hydration 💧	Movement 🚶	Rest 😴	Mindset 🧘	Nutrition 🥗	Gratitude 🧡	Notes / Wins 🌟
Monday	<input type="checkbox"/>						
Tuesday	<input type="checkbox"/>						
Wednesday	<input type="checkbox"/>						
Thursday	<input type="checkbox"/>						
Friday	<input type="checkbox"/>						
Saturday	<input type="checkbox"/>						
Sunday	<input type="checkbox"/>						

## Daily Reflection Prompts

- **Morning:** What's one small thing I can do to stay balanced today?
- **Midday:** How's my energy? Do I need water, movement, or a breather?
- **Evening:** What am I grateful for today? What felt good for my body or mind?

## Weekly Intention Space

- **This week I will focus on:** \_\_\_\_\_
- **One small win I'm celebrating:** \_\_\_\_\_
- **Something I'll let go of:** \_\_\_\_\_
- **How I want to feel by Sunday:** \_\_\_\_\_

*Balance isn't about doing everything — it's about doing what matters most.*

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### Weekly Overview

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Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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