

WHOLE EARTH -GIFTS

Weekly Wellness Planner

A structured weekly overview to support balance, awareness, and intentional routines.

This planner is designed to help individuals reflect on broader lifestyle patterns across an entire week. It encourages balance and self-awareness rather than perfection or performance. This document is provided for educational purposes only and does not provide medical advice.

How to Use This Planner

Responsible kratom use is best supported within the context of overall lifestyle balance. This weekly planner helps you step back from day-to-day tracking and observe larger patterns in sleep, stress, movement, and routines.

You may complete this planner at the end of each week or whenever you feel it would be helpful to reassess your habits. The purpose is awareness and adjustment, not judgment.

Week Overview

Week of: _____

Overall stress level this week (1-5): _____

Overall mood this week: Low Neutral Positive

Overall energy level this week: Low Moderate Stable

Sleep Patterns

Average hours of sleep per night: _____

Sleep consistency: Inconsistent Somewhat Consistent Consistent

Notes (optional):

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Nutrition & Hydration

Meal consistency: Irregular Somewhat Consistent Consistent

Hydration habits: Low Moderate Adequate

Notes (optional):

Movement & Physical Activity

Days active this week: _____

Type of movement (optional): _____

Activity level: Low Moderate Active

Notes (optional):

Stress Management & Emotional Wellbeing

Did you intentionally practice stress management this week? Yes Somewhat No

Practices used (optional): Rest Mindfulness Social Connection Outdoor Time

Other: _____

Emotional reflections (optional):

Kratom Use Reflection (Optional)

Number of use days this week: _____

Were non-use days included? Yes No

Did use feel intentional overall? Yes Somewhat No

Did you rotate products this week? Yes No

Did you take a break or reduce use? Yes No

Notes (optional):

Pattern Awareness

Did any patterns stand out this week?

Is there anything you would like to adjust next week?

Intentional Focus for Next Week

One small adjustment I plan to make:

Responsible Use Reminder

Long-term balance is supported by consistent sleep, hydration, nourishment, movement, stress management, and intentional routines. Kratom is best viewed as one part of a broader lifestyle, not the foundation of it.

This planner is provided for educational and self-reflection purposes only and does not constitute medical advice. If you have concerns about your health or wellbeing, consult a qualified healthcare professional.