THRYVIVA | DIGITAL WELLNESS EDITION

90-Day Wellness Planner (Sample)

Aligning morning intentions, midday nourishment, and evening recovery.

Morning Awakening Ritual

Today’s Top Intention: _____

Hydration Target: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] (8 glasses)

Planned Movement: _____

Afternoon Energy Check-In

Energy Level (1-5): ___ Screen Break Taken: [ ] Yes [ ] Pending

Nourishing Lunch Notes: _____

Evening Wind-Down Journal

One moment I am grateful for today: _____

Sleep Prep Time: _____ Lights Out Target: _____