

Reset to Wellness

30 Days to Better Health

A Nurse-Led Wellness Workbook for Men

Welcome

Welcome to your 30-day wellness journey. Use this workbook each day to build healthy habits one step at a time.

Know Your Numbers

Blood Pressure
Blood Sugar
Cholesterol
Weight
Waist Measurement

Preventive Health

Prostate health
Colorectal screening
Bone health
Vaccinations
Discuss recommendations with your healthcare provider.

Questions for My Healthcare Provider

Day 1

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 2

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 3

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 4

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 5

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 6

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 7

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 8

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 9

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 10

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 11

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 12

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 13

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 14

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 15

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 16

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 17

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 18

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 19

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 20

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 21

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 22

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 23

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 24

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 25

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 26

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 27

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 28

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 29

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

Day 30

Water	_____
Exercise	_____
Healthy Eating	_____
Sleep	_____
Notes	

Gratitude: _____

Tomorrow's Goal: _____

After 30 Days

What improvements did you notice?

What healthy habits will you continue?

Next Goal:

Educational Disclaimer

This workbook is for educational purposes only and is not medical advice. Consult your healthcare provider for personal medical recommendations.