



MediRN Healthy Living Series™

Women's Health & Wellness Workbook (40+)

A Nurse-Led Wellness Companion

Welcome

Welcome to your wellness journey. Use this workbook to organize your preventive care, build healthy habits, and prepare for appointments.

About MediRN

MediRN is a nurse-led health, wellness, education, and consulting organization dedicated to helping adults 40+ live healthier lives.

How to Use

Complete the trackers, bring this workbook to appointments, and review your progress each month.

Annual Health Checklist

- Wellness Visit
- Blood Pressure
- Cholesterol
- A1C
- Mammogram
- Pap/HPV
- Colon Screening
- Bone Density
- Vision
- Dental
- Vaccinations
- Exercise
- Hydration
- Sleep

Health Snapshot

Record your weight, waist measurement, blood pressure, medications, allergies, providers, and important lab values.

Medication Log

Medication | Dose | Purpose | Prescriber | Notes

Appointment Log

Date | Provider | Reason | Follow-up

Blood Pressure Tracker

Track your readings consistently and discuss concerning trends with your healthcare provider.

Blood Sugar Tracker

Record fasting and post-meal values if recommended.

Weight Tracker

Track your progress monthly.

Water & Sleep Tracker

Monitor hydration and hours of sleep.

Exercise & Nutrition

Plan weekly movement and healthy meals.

Stress & Gratitude

Write one thing you're grateful for each day and one way you'll manage stress.

Monthly Reflection

Celebrate progress and identify areas for improvement.

Day 1 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 2 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 3 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 4 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 5 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 6 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 7 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 8 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 9 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 10 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 11 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 12 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 13 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 14 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 15 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 16 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 17 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 18 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 19 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 20 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 21 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 22 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 23 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 24 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 25 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 26 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 27 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 28 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 29 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 30 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Day 31 Wellness Journal

Today's Mood: _____

Energy Level: _____

Water Intake: _____

Exercise: _____

Healthy Meals: _____

Sleep (hours): _____

Medications Taken: _____

One Healthy Choice I Made Today:

Today's Biggest Challenge:

One Thing I'm Grateful For:

Notes:

Tomorrow's Goal:

Continue Your Wellness Journey

Ready for personalized support? Schedule a MediRN Wellness Assessment and use code **NEW26** for **20% OFF** your first assessment.

Contact

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Thank you for allowing MediRN to be part of your health journey.

Doris 'Katt' Amsterdam, RN

Founder & CEO