

Daily Foundations Check-In



A gentle one-week tracker to notice patterns in nourishment, hydration, movement, sleep, stress, digestion, environment, and spiritual well-being.

This is a noticing practice - not a scorecard

Use a check mark, a short note, or leave a space blank. The purpose is to learn what supports you and choose one realistic next step. You do not need a perfect day for it to count.

YOUR DAILY ANCHORS

Nourishment

Did I eat in a way that felt satisfying and supportive today? What helped or made it harder?

Stress and pause

Did I have a moment to breathe, pray, reflect, connect, or reset? What felt heavy and what brought calm?

Hydration

Did I drink enough for my needs? Notice thirst, urine color, activity, weather, and any clinician-directed fluid limits.

Digestion

Notice comfort, bloating, bowel patterns, appetite, or other changes without judging them.

Movement

How did I move today? Include walking, stretching, strength, chores, or intentional rest when needed.

Environment

Did my surroundings support me? Consider fresh air, clutter, fragrance, noise, light, and product exposures.

Sleep

What time did I sleep and wake? How rested did I feel? What may have supported or interrupted rest?

Spiritual well-being

What helped me feel grounded, connected, grateful, or aligned with my values today?

Choose one intention for this week:

Notice the pattern, then choose gently

Mark each anchor you checked in with. Add a few words only when they help you remember what happened.

FOUNDATION	MON	TUE	WED	THU	FRI	SAT	SUN
Nourishment	☐	☐	☐	☐	☐	☐	☐
Hydration	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Sleep	☐	☐	☐	☐	☐	☐	☐
Stress / pause	☐	☐	☐	☐	☐	☐	☐
Digestion	☐	☐	☐	☐	☐	☐	☐
Environment	☐	☐	☐	☐	☐	☐	☐
Spiritual well-being	☐	☐	☐	☐	☐	☐	☐

WHAT I NOTICED

A pattern, win, challenge, symptom, or support I want to remember:

MY NEXT GENTLE STEP

One realistic action I want to try next week:

Educational note

This tracker is for general wellness education and reflection. It does not diagnose or treat a condition and is not a substitute for medical care. Contact an appropriate clinician about persistent, worsening, or concerning symptoms, and seek urgent or emergency care when needed.