



30 DAYS OF
GENTLE WELLNESS



COPPER
MOON RISING

“Small Things Matter”



A 30-DAY TRACKER
FOR BODY, MIND & SOUL

Welcome



Welcome to your 30-day journey of gentle wellness.
This tracker is here to help you slow down,
tune in, and care for yourself in small, meaningful ways.
Each day is a new opportunity to grow,
reflect, and become the best version of you.

*You are worthy of small things that make
a big difference.*

You've got this. ✨





30 Days of Gentle Wellness

Copper Moon Rising



“Small Things Matter”



HYDRATION

Small sips. Big impact.

- Drink water throughout the day
- Start with a glass in the morning
- Carry your bottle as a reminder



SLEEP

Rest is productive.

- Aim for 7–9 hours
- Create a calming bedtime routine
- Put your phone down early



MOUTH & BODY HEALTH

A little care goes a long way.

- Brush twice a day
- Floss daily
- Tongue clean + mouthwash
- Don't forget to smile!



MAGNESIUM

Magnesium = mood + muscles.

- Supports relaxation
- Epsom salt baths
- Magnesium-rich foods
- Or take a supplement (if needed)



STRESS REDUCTION

Protect your peace.

- Deep breathing
- Journaling
- Do something you enjoy
- Take breaks. You deserve it.



GROUNDING

Come back to earth.

- Walk barefoot
- Spend time in nature
- Be present
- Feel. Breathe. Be.



SMALL THINGS MATTER

You don't have to do everything perfectly. Just keep showing up for yourself, one small choice at a time.



1 ○○○○○○○	2 ○○○○○○○	3 ○○○○○○○	4 ○○○○○○○	5 ○○○○○○○
6 ○○○○○○○	7 ○○○○○○○	8 ○○○○○○○	9 ○○○○○○○	10 ○○○○○○○
11 ○○○○○○○	12 ○○○○○○○	13 ○○○○○○○	14 ○○○○○○○	15 ○○○○○○○
16 ○○○○○○○	17 ○○○○○○○	18 ○○○○○○○	19 ○○○○○○○	20 ○○○○○○○
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DAILY WELLNESS TRACKER

 HYDRATION ○○○○○○○	 SLEEP Y / N	 MOUTH & BODY HEALTH Y / N	 MAGNESIUM Y / N	 STRESS REDUCTION Y / N	 GROUNDING Y / N	ENERGY TODAY ☹ Low 😊 Moderate ☀ Good	 TODAY I AM GRATEFUL FOR _____
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WEEKLY REFLECTION

DAY 7

What helped me most this week?

DAY 14

What helped me most this week?

DAY 21

What helped me most this week?

DAY 30

What helped me most this week?



FIBROMYALGIA NOTE

This tracker is designed to encourage awareness, not perfection.

DAILY JOURNAL

What went well today?

What can I gently improve tomorrow?

How did I feel today?

- 😊 Great
😊 Good
😐 Okay
😞 Challenging
😞 Hard

Draw or write it out



Be kind to yourself. You're doing better than you think.

