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WELLNESS GLOW TRACKER

TRACK YOUR HABITS, RITUALS, AND
ROUTINES TO GLOW FROM THE
INSIDE OUT



@BYALEORA
WWW.BYALEORA.COM
GLOW NATURALLY. LIVE FULLY.

WELCOME TO YOUR GLOW ERA

Welcome to your Wellness Glow Tracker.

This isn't just about checking boxes — it's about tuning into what makes you feel alive, aligned, and radiant. Whether you're healing, rebuilding, or simply craving consistency, this space is yours to track your glow-up journey with love.

You'll find weekly and monthly trackers for wellness, mood, skincare, nourishment, and more — all designed to help you build habits that stick and honour your body in a non-toxic, holistic way.

Let's glow from the inside out

HOW TO USE YOUR WELLNESS GLOW TRACKER

This tracker was designed to be simple, soulful, and flexible. Whether you're printing it out or using it digitally, it's yours to customise based on your rhythm, your goals, and your glow.

Use It Digitally

- Open in any PDF app (like GoodNotes, Notability, or even Canva).
- Use the text tools or handwriting feature to fill it out daily, weekly, or monthly.
- Duplicate pages as needed to use again each month or week.

Or Print It Out

- Print it all at once and keep it in a binder, or print sections weekly/monthly.
- Use highlighters, stickers, or pens to track your progress and reflect.

How It Works (Section-by-Section)

Intention + Check-In

When: At the start and end of each month

Why: Grounding into your why each month helps you stay emotionally aligned and committed.

How it helps:

- Focus word = anchors your energy
- Habit goals = build consistency
- Release = create space
- Self-check = track real-time shifts in mood, skin, and energy

This is your big-picture view — check in with how your body and mind feel, not just what you're doing.

Wellness Tracker

When: Fill in a little daily, review weekly

Why: Tracking builds awareness, and awareness creates change

How it helps:

- Encourages hydration, sleep, movement, and skincare
- Helps you connect lifestyle habits to mood, skin, and energy
- Tracks your cycle phase to understand hormonal shifts

It's not about perfection — it's about noticing what supports your glow.

Rituals Planner

When: Fill this in once per week or whenever your routine shifts

Why: Rituals = regulation. They create structure, calm, and joy.

How it helps:

- Helps you design your ideal day — realistically and supportively
- Morning rituals energise; night rituals calm your system

- A reset ritual helps you come back to yourself when life feels off-track

It's your glow blueprint — make it yours.

Glow Goals + Skin Support

When: Use weekly or daily depending on your focus

Why: Skin reflects what's going on inside

How it helps:

- Helps identify patterns between skin and lifestyle (e.g. sleep, diet, PMS, stress)
- Encourages consistency with products
- Tracks your "Glow Score" for fun — and real insights

This isn't vanity — it's body literacy. Your skin speaks. This helps you listen.

Nourishment Tracker - Fuel your glow

When: Use daily or after meals

Why: Your glow is built from what you feed yourself — physically and emotionally

How it helps:

- Notice how food affects your mood, skin, and energy
- Track cravings, imbalances, or stress-eating habits
- Spot patterns without shame — just curiosity and care

Food is fuel and feedback.

Monthly Reflection

When: End of each month

Why: Celebrating progress is healing.

How it helps:

- Promotes self-love, awareness, and motivation
- Reinforces how small habits shape your glow
- Encourages momentum — not burnout

You don't need to be perfect — just present.

Let this tracker be your daily return to self.

You're not just ticking boxes — you're learning how to glow in your own way.

Be gentle, be honest, and most of all... keep going.

INTENTION & CHECK-IN

THIS MONTH I WANT TO FEEL:

MY FOCUS WORD IS:

SELF-CHECK-IN
(RATE 1-10):

ENERGY:

MOOD:

SLEEP:

SKIN:

CONFIDENCE:

CYCLE BALANCE:

1 THING I'LL RELEASE:

3 HABITS TO BUILD THIS MONTH:

WELLNESS TRACKER

DATE: _____

SLEEP:

_____ HRS

HYDRATION:

_____ ML

MOVEMENT:

YES / NO

_____ HRS

TYPE: _____

STRESS LEVELS:

_____ /10

1 = NO STRESS
10 = VERY STRESSED

MOOD:

_____ /10

1 = DOWN
10 = HAPPY

SKINCARE:

☐ AM

☐ PM

CURRENT SKIN STATE: _____

FOOD (TRACKING OPTIONAL):

☐ EATING MINDFULLY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CYCLE PHASE:

MENSTRUATION / FOLLICULAR /
OVULATION / LUTEAL

NOTES:

RITUALS

**WHAT RITUALS HELP YOU FEEL GROUNDED, GLOWING,
AND ENERGISED?**

USE THIS SPACE TO CREATE YOUR IDEAL DAILY ROUTINE
AND UPDATE IT WEEKLY AS YOU EVOLVE.

MORNING RITUALS

AFTERNOON CHECK-INS

EVENING WIND-DOWN

WEEKLY RESET ROUTINE

GLOW GOALS + SKIN SUPPORT

DATE: _____

WATER SCORE:

_____/10

1 = DEHYDRATED
10 = HYDRATED

SLEEP SCORE:

_____/10

1 = BAD
10 = GREAT

STRESS SCORE:

_____/10

1 = STRESSED
10 = GREAT

SUGAR INTAKE:

HIGH / LOW

WHAT I FELT/NOTICED:

PMS PHASE:

PHASE: _____

WHAT I FELT/NOTICED:

DAIRY INTAKE:

HIGH / LOW

WHAT I FELT/NOTICED:

PRODUCTS I USED:

WHAT I NOTICED:

ALCOHOL:

YES / NO

WHAT I FELT/NOTICED:

GLOW LEVEL:

_____/10

1 = FEELING DULL
10 = FEELING GLOWY

SKIN NOTES:

(TEXTURE, BREAKOUTS, ETC)

FUEL YOUR GLOW

DATE: _____

FOOD (TRACKING OPTIONAL):

☐ EATING MINDFULLY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

MOOD AFTER
EATING:

/10

1 = LOW
10 = GREAT

MOOD AFTER
EATING:

/10

1 = LOW
10 = GREAT

MOOD AFTER
EATING:

/10

1 = LOW
10 = GREAT

ENERGY LEVELS:

/10

1 = LOW
10 = HIGH

CRAVINGS:

ANY SUPPLIMENTS TAKEN (OR NOTES):

YOU'RE GLOWING, BABE

WHAT WORKED WELL THIS MONTH?

WHAT MADE YOU FEEL MOST ALIVE?

A MOMENT I'M PROUD OF:

A SHIFT I NOTICED:

A GLOW-UP MOMENT TO CELEBRATE:

WHAT I'LL TAKE FORWARD INTO NEXT MONTH:

YOUR EXCLUSIVE 15% OFF CODE

As a thank you, here's a little something just for you:
Use code "GLOW15" at checkout for 15% off your next purchase on www.byaleora.com and etsy

Because your glow is worth investing in — and we're here for it, every step of the way!

YOU DID IT, BABE

You showed up for yourself — and that's everything.
Whether you filled every page or simply took a moment to reflect, this tracker was never about doing it perfectly. It was about reconnecting with your body, your energy, and your glow — in a way that actually feels good.
We're so proud of you for choosing daily wellness over burnout, presence over pressure, and self-trust over trends.

Stay Connected with the Aléora Babes:

If this tracker supported you, don't stop here. You're part of a community of women committed to glowing — gently, honestly, and in a way that lasts.

Join the Aléora mailing list for exclusive wellness tips, tools, and journal drops - www.byaleora.com

Subscribe on Substack to join the Aléora Babes for deeper healing, workshops, and glow rituals -

byaleora.substack.com

Follow @byaleora for daily inspo and non-toxic living tools

Explore our wellness shop for planners, journals, and glow tools at www.byaleora.com and etsy