

Seasonal Herbal Transition Tracker for Energy, Immunity & Rhythm

Week of _____

THE HEARTH
WITCH'S NOOK

Check in weekly to adjust, reset, and stay
supported by the herbs you love

Day Tea or Glycerite Notes

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Clean the Corners ✨

Simple tasks that make a
big energetic difference

Restock & Reflect

Item	Restocked	Notes
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Immune Glycerite	<input type="checkbox"/>	
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Sleepytime Tea	<input type="checkbox"/>	
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Comfrey/Arnica Salve	<input type="checkbox"/>	
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Favorite calming herb	<input type="checkbox"/>	
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Tip: Check off what you use this week. Leave notes
for what worked or what to adjust next month

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Simmer rosemary + citrus pot

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Herbal mist through the house

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Sprinkle mint + rosemary sweep

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Refresh one entry or windowsill