

# SELF CARE PLANNER

DATE:

SUN MON TUE WED THUR FRI SAT MOOD:

## Today's Plan


## Today's Goal

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## Priorities

1. ....
2. ....
3. ....

## Self Care Checklist

- .....
- .....
- .....
- .....
- .....

## Meal Plan

- B .....
- L .....
- D .....
- S .....

## Today I'm Grateful For

- .....
- .....
- .....

## Don't forget to drink water



## Exercise

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# SELF CARE PLANNER

DATE:

SUN	MON	TUE	WED	THUR	FRI	SAT	MOOD:
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## Today's Plan

6 am .....

7 am .....

8 am .....

9 am .....

10 am .....

11 am .....

12 pm .....

1 pm .....

2 pm .....

3 pm .....

4 pm .....

5 pm .....

6 pm .....

7 pm .....

8 pm .....

9 pm .....

10 pm .....

11 pm .....

## Notes

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## Today's Focus

## Priorities

1. ....

2. ....

3. ....

## Self Care Checklist

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## Today I'm Grateful For

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Don't forget to drink water:



