

PRINTABLE PLANNER

Self-Care Planner

Self-care stays consistent when it is visible. Print one page per week and keep it somewhere you look every day.

Week of

Weekly planner

Day	Priority	Self-care	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Gratitude

Three things worth naming this week.

Water tracker

Day	Glasses	Movement	Sleep hours
Mon			
Tue			
Wed			

Thu			
Fri			
Sat			
Sun			

End-of-week reflection

General wellness education only. Not medical advice, diagnosis or treatment.

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