

# SELF-CARE PLANNER

DATE: \_\_\_\_\_

S M T W T F S

## THINGS THAT MADE ME HAPPY TODAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WATER INTAKE



## TODAY'S MOOD



## SELF-CARE ACTIVITIES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DAILY NUTRITION

- Breakfast \_\_\_\_\_
- Lunch \_\_\_\_\_
- Dinner \_\_\_\_\_
- Snack \_\_\_\_\_

## HABITS TO START

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## HABITS TO STOP

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_