

SELF-CARE PLANNER

DATE & DAY: _____

THINGS THAT MADE ME HAPPY TODAY

- _____
- _____
- _____

SELF-CARE ACTIVITIES

- _____
- _____
- _____
- _____

WATER INTAKE



TODAY'S MOOD



DAILY NUTRITION

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

HABITS TO START

- _____
- _____
- _____
- _____

HABITS TO STOP

- _____
- _____
- _____
- _____