

Self-care Planner

DATE: _____

S M T W T F S

THINGS THAT MADE ME HAPPY TODAY

- _____
- _____
- _____

WATER INTAKE

● ● ● ● ● ● ● ● ● ●
1L 2L 3L

SELF-CARE ACTIVITIES

- _____
- _____
- _____
- _____

TODAY'S MOOD

☹️ ☹️ 😐 😊 😄

DAILY NUTRITION

Breakfast _____

Lunch _____

Dinner _____

Snack _____

HABITS TO START

- _____
- _____
- _____
- _____

HABITS TO STOP

- _____
- _____
- _____
- _____

