

# SELF-CARE PLANNER

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

S M T W T F S

## THINGS I'VE ACCOMPLISHED

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

## WATER INTAKE

    
1L                      2L                      3L

## SELF-CARE ACTIVITIES

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

## TODAY'S MOOD

    

## MEAL PLANNER

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

## HABITS TO START

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

## HABITS TO STOP

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