

SELF-CARE PLANNER

NAME:



DAILY ROUTINE

/ /

TIME

SCHEDULE

PRIORITY

- 1
- 2
- 3
- 4

TODAY'S MEAL

Three horizontal rounded rectangular input fields for recording the meal.

NOTES

Four horizontal lines for taking notes.





WEEKLY GOALS

/ / - / /

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

30 DAYS SELF-CARE

MONTH: /

01

Take a
Relaxing
Bath

02

Read a
Book

03

Practice
Deep
Breathing

04

Try
Meditation

05

Journaling

06

Listen to
Calming
Music

07

Yoga or
Stretching

08

Disconnect
from
Technology

09

Spend Time
with Loved
Ones

10

Cook a
Healthy
Meal

11

Go for a
Walk

12

Practice
Positive
Affirmations

13

Artistic
Expression

14

Good
Night's
Sleep

15

Away from
Work

16

Pamper
Yourself

17

Watch a
Good Movie

18

Learn
Something
New

19

Declutter
Your Space

20

Mindful
Eating

21

Practice
Gratitude

22

Help
Others

23

Dance it
Out

24

Plan a Day
of Rest

25

Explore
Nature

26

Connect
with a
Friend

27

Digital
Detox

28

Laugh Out
Loud

29

Mental
Health
Check-In

30

Set
Boundaries





MEAL PLANNER

/ / - / /

DAY

BREAKFAST

LUNCH

DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



SELF-CARE CHECKLIST

MONTH:

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01. Eat a balanced meal.

02. Drink enough water.

03. Get at least 7-8 hours of sleep.

04. Practice mindfulness or meditation.

05. Take breaks to clear your mind.

06. Read a book or engage in intellectual activities.

07. Connect with a friend or loved one.

08. Set realistic goals for the day.

HABIT TRACKER

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20





WATER INTAKE

/ /





WORKOUT TRACKER

/ / - / /

MON	EXERCISE	TIME/REPS
TUE	EXERCISE	TIME/REPS
WED	EXERCISE	TIME/REPS
THU	EXERCISE	TIME/REPS
FRI	EXERCISE	TIME/REPS
SAT	EXERCISE	TIME/REPS
SUN	EXERCISE	TIME/REPS

MOOD TRACKER

MONTH: /

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



HAPPY




SAD



ANGRY



MEH



SELF QUOTES



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LOVE YOUR SELF

You are incredible just as you are. Embrace your uniqueness, celebrate your victories, and be gentle with yourself during challenges. Remember, self-love is a journey, and you're on the right path. You deserve all the joy and fulfillment life has to offer. Keep shining.



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