



Self Care Planner

DATE: _____

HOW IS YOUR MOOD TODAY, ON A SCALE OF 1 -5?

MOOD TRACKER



S M T W T F S



ARE YOU KEEPING TRACK OF YOUR WATER INTAKE?



S M T W T F S



DID YOU ENGAGE IN ANY PHYSICAL ACTIVITY?

(15MIN* 20MIN* 30MIN) **S M T W T F S**



DID YOU EAT A BALANCED MEAL?



S M T W T F S





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My To-Do List for Today

Personal Reminder

Things I Need To Do Today for My Physical, Mental, and Emotional Well-Being

Note

Putting Yourself First Is
Not Selfish. It Is
NECESSARY
TAKE A MOMENT TO
APPRECIATE
YOURSELF FOR
MAKING TIME FOR
YOUR WELL-BEING

