

Self-Care Planner

THINGS THAT MADE ME HAPPY TODAY

- _____
- _____
- _____
- _____

SELF-CARE ACTIVITIES

- _____
- _____
- _____
- _____
- _____

WATER INTAKE



TODAY'S MOOD



WHAT DID I EAT TODAY?

- Breakfast** _____
- Lunch** _____
- Dinner** _____
- Snacks** _____

THINGS I DID GREAT TODAY

- _____
- _____
- _____
- _____
- _____

THINGS I WANT TO IMPROVE

- _____
- _____
- _____
- _____
- _____