

Self care planner

Date:

Positive affirmation for the next month:

Daily

Weekly

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Monthly

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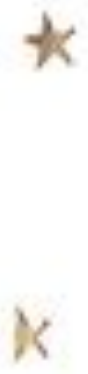
Daily self care tracker

Month:

Goals:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Colour Key:





Food & Fitness Tracker

Diet &

activities:

Month:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Weight at start:																																
Weight at end:																																
Non-scale victory:																																

Colour Key:



Non-scale
victory:

Weight
at start:

Weight
at end: