

Wellness 

PLANNER

Self Care ROUTINE

MONTH :	ROUTINE																							
	1	2	3	4	5	6	7	8	9	10	11	12	12	13	14	15	16	17	18	19	20	21	22	23
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Mind **HABITS**

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Body HABITS

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Soul **HABITS**

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Wellness GOALS

GOAL	DEADLINE	REWARD
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Self Care **CHALLENGE**

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5	6	7	8
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21	22	23	24
25	26	27	28
29	30	31	REWARD :

Nutrition **PLANNER**

		GROCERIES & NOTES
MONDAY	Breakfast	
	Lunch	
	Dinner	
TUESDAY	Breakfast	
	Lunch	
	Dinner	
WEDNESDAY	Breakfast	
	Lunch	
	Dinner	
THURSDAY	Breakfast	
	Lunch	
	Dinner	
FRIDAY	Breakfast	
	Lunch	
	Dinner	
SATURDAY	Breakfast	
	Lunch	
	Dinner	
SUNDAY	Breakfast	
	Lunch	
	Dinner	

Workout **PLANNER**

DATE :	Activity type :	REWARD
TIME :	Duration :	
PLACE :	Calories burned :	
DATE :	Activity type :	REWARD
TIME :	Duration :	
PLACE :	Calories burned :	
DATE :	Activity type :	REWARD
TIME :	Duration :	
PLACE :	Calories burned :	
DATE :	Activity type :	REWARD
TIME :	Duration :	
PLACE :	Calories burned :	
DATE :	Activity type :	REWARD
TIME :	Duration :	
PLACE :	Calories burned :	
DATE :	Activity type :	REWARD
TIME :	Duration :	
PLACE :	Calories burned :	
DATE :	Activity type :	REWARD
TIME :	Duration :	
PLACE :	Calories burned :	