



Mental Health & Self-Care Planner

This Book Belongs To

Daily Self Care

Date:

Day:

Self Care Checklist

Meal Planner

Breakfast:

Lunch:

Dinner

Snack:

Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

Today, I am Grateful For

Thoughts/Notes

Weekly Self Care

Month:

Week of:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Month:
Year:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes

Goals

[illegible]

Self Care Planner

Month:

Year:

My Top Priorities

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Goals For My Mind

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Goals For My Body

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Reminder

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My Notes

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Self Care Tracker

[illegible][illegible]

Self Care Checklist

Basic	M	T	W	T	F	S	S
Make Bed							
Brush Teeth							
Bathe							
Get Dressed							
Go Outside							
Smile							

Morning Task	M	T	W	T	F	S	S
Get a good night sleep							
Eat a healthy Breakfast							
Cook a healthy dinner							
Drink Water							
Get some exercise							
Take Vitamins & Medications							

Morning Task	M	T	W	T	F	S	S
Take a Break							
Talk to someone							
Do something that makes me happy now							
Write down what am thankful for							
Read 20 pages of a book							
Write down a future goal							

Mood Tracker

[illegible]

Anxiety Journal

What Happened	My Reaction	Better Coping Strategy

What Happened	My Reaction	Better Coping Strategy

What Happened	My Reaction	Better Coping Strategy

What Happened	My Reaction	Better Coping Strategy

Gratitude Journal

Week of:

Monday	Today, I am Grateful For....
Tuesday	Today, I am Grateful For....
Wednesday	Today, I am Grateful For....
Thursday	Today, I am Grateful For....
Friday	Today, I am Grateful For....
Saturday	Today, I am Grateful For....
Sunday	Today, I am Grateful For....

Exercise Log

Month:

Day	Type to exercise	Minutes	Energy After	How i do feel
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			★ ★ ★ ★ ★	

Medication Tracker

Month:

Day	How Login?	Feeling Before	Feeling After
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
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20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

Healthy Meal Planner

Week of:

	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Declutter Checklist

[illegible]

Budget Tracker

Month:

Day	Purchase	Amount	Type
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			

Habit Tracker

Week:

Day	Habit	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
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28								
29								
30								

Daily Review

Date:

Highlight Of My Day

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Accomplished

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Not Accomplished

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Tomorrow's Focus

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Notes