

MY DAY
Body

MY

PLANNER PACK

*a collection of simple printable tools designed
to take care of your healthy body & mind*

PLAN

PRINTABLE KIT



WELLNESS GOALS

TIMELINE

GOAL:

FIRST STEPS:

RESOURCES/ NOTES:

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

GOAL:

FIRST STEPS:

RESOURCES/ NOTES:

- _____
- _____
- _____
- _____

- _____
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- _____
- _____

GOAL:

FIRST STEPS:

RESOURCES/ NOTES:

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____



HEALTH & FITNESS GOALS





MOOD TRACKER

YEAR

Create your own key codes with possible feelings for the day. Then fill in today's date with the colour that corresponds to how you're feeling. An example is included on the next page.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
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31												

KEY

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MOOD TRACKER

YEAR

Create your own key codes with possible feelings for the day. Then fill in today's date with the colour that corresponds to how you're feeling. Here's the example!

	J	F	M	A	M	J	J	A	S	O	N	D
1	Yellow											
2	Pink											
3	Orange											
4	Light Green											
5	Light Green											
6	Yellow											
7	Teal											
8	Yellow											
9	Purple											
10	Pink											
11												
12												
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29												
30												
31												

KEY



happy, excited,
joyful



content



productive, active,
high energy



average, normal



ill, exhausted,
low energy



dissatisfied, lazy,
unproductive,



anxious, sad, lonely,
unsure, worried



annoyed, irritated,
frustrated, grumpy



WELLNESS CALENDAR

✦ 12 WEEK PLAN ✦

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
wk 01	—	—	—	—	—	—	—
wk 02	—	—	—	—	—	—	—
wk 03	—	—	—	—	—	—	—
wk 04	—	—	—	—	—	—	—
wk 05	—	—	—	—	—	—	—
wk 06	—	—	—	—	—	—	—
wk 07	—	—	—	—	—	—	—
wk 08	—	—	—	—	—	—	—
wk 09	—	—	—	—	—	—	—
wk 10	—	—	—	—	—	—	—
wk 11	—	—	—	—	—	—	—
wk 12	—	—	—	—	—	—	—



Wellbeing

+ WEEKLY ROUTINE +

	SELF CARE	EXERCISE	NUTRITION
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

DAILY ESSENTIALS: *What makes you feel good? Green smoothies? Daily gratitude?*

_____	_____
_____	_____
_____	_____



WEEKLY WELLNESS

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-------	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

THIS WEEK'S GOALS

01 _____

02 _____

03 _____

EXERCISE

	M	T	W	T	F	S	S
M							
T							
W							
T							
F							
S							
S							

HEALTHY HABITS

M T W T F S S

	M	T	W	T	F	S	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MEAL PLAN:

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

THOUGHTS

WEEKLY WELLNESS CHART

MONTH: AUGUST

	10	11	12	13	14	15	16	SUN
	MON	TUE	WED	THU	FRI	SAT	SUN	
WAKE UP	☀️ 4:20 am	☀️ 8:40 am	☀️ 8:30 am	☀️ 8:20 am	☀️	☀️	☀️	
MOOD	anxious	okay	grateful	happy!				
ENERGY	low	norm	norm	high				
WATER	🍷🍷🍷🍷	🍷🍷🍷🍷	🍷🍷🍷🍷	🍷🍷🍷🍷	🍷🍷🍷🍷	🍷🍷🍷🍷	🍷🍷🍷🍷	🍷🍷🍷🍷
LUNCH	bean soup	leftovers	green smoothie					
DINNER	paella	roast veg	tacos					
SNACKS	blackberries							
FIBRE	11 g	20 g	16 g					
EXERCISE	5 min stretch		cardio 45 mins	5 min stretch				
GRATITUDE	bubble baths	furry friends	easy socks					
MENSTRUAL	bloated	-	headache					
BED TIME	🌙 11 pm	🌙 10:30 pm	🌙 11 pm	🌙	🌙	🌙	🌙	
SLEEP (HRS)	8 hours	8 1/2 hours	9 1/2 hours					

MEALS



WEEKLY WELLNESS CHART

MONTH: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
WAKE UP							
MOOD							
ENERGY							
WATER							
MEALS							
BED TIME							
SLEEP (HRS)							



Workout

+ 30 DAY CHALLENGE +

MONTH

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

CHALLENGE

NOTES

CELEBRATE!

	DATE	WORKOUT	TIME/ REPS	✓
1.				<input type="checkbox"/>
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Habit Tracker

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Use these three habit trackers below to track various ares of your life. Anything from morning, afternoon, and evening habits. To fitness, success, mental health, or even household cleaning chores.

HABITS	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	

HABITS	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	

HABITS	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	



WELLNESS CALENDAR

✦ 12 WEEK PLAN ✦

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
WEEK	SUN	MON	TUE	WED	THU	FRI	SAT					
wk 01	—	—	—	—	—	—	—	—	—	—	—	—
wk 02	—	—	—	—	—	—	—	—	—	—	—	—
wk 03	—	—	—	—	—	—	—	—	—	—	—	—
wk 04	—	—	—	—	—	—	—	—	—	—	—	—
wk 05	—	—	—	—	—	—	—	—	—	—	—	—
wk 06	—	—	—	—	—	—	—	—	—	—	—	—
wk 07	—	—	—	—	—	—	—	—	—	—	—	—
wk 08	—	—	—	—	—	—	—	—	—	—	—	—
wk 09	—	—	—	—	—	—	—	—	—	—	—	—
wk 10	—	—	—	—	—	—	—	—	—	—	—	—
wk 11	—	—	—	—	—	—	—	—	—	—	—	—
wk 12	—	—	—	—	—	—	—	—	—	—	—	—



Wellbeing

+ WEEKLY ROUTINE +

	SELF CARE	EXERCISE	NUTRITION
SUN			
MON			
TUE			
WED			
THU			
FRI			
SAT			
























DAILY ESSENTIALS: *What makes you feel good? Green smoothies? Daily gratitude?*

_____	_____
_____	_____
_____	_____



WEEKLY WELLNESS CHART

MONTH: _____

	SUN	MON	TUE	WED	THU	FRI	SAT
WAKE UP 							
MOOD							
ENERGY							
WATER							
MEALS							
BED TIME 							
SLEEP (HRS)							



WEEKLY WELLNESS

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-------	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

THIS WEEK'S GOALS

01 _____

02 _____

03 _____

EXERCISE

S	
M	
T	
W	
T	
F	
S	

HEALTHY HABITS	S	M	T	W	T	F	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MEAL PLAN:

	BREAKFAST	LUNCH	DINNER	SNACKS
S				
M				
T				
W				
T				
F				
S				

THOUGHTS