

Daily Wellness Planner

MOOD:



TODAY'S FOCUS

DATE:

S M T W T F S

REMINDER TO:

EXERCISE:

WALK

YOGA

TODAY'S
APPOINTMENT:

TIME

EVENT

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST

LUNCH

DINNER

SNACKS

TO CALL OR EMAIL:

SELF-CARE
CHECKLIST:



GRATITUDE:

NOTES:

FOR TOMORROW:

Wellness Planner Quick Start

**Marilyn Hughes Gaston, Gayle K.
Porter**



Wellness Planner Quick Start:

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