

# Baby Wellness Planner

## MOOD:



## TODAY'S FOCUS

## DATE:

S M T W T F S

REMINDER TO:

## TODAY'S APPOINTMENT:

TIME EVENT

## EXERCISE:

20 MINUTES

30 MINUTES

## WATER INTAKE:

00000000

## MEAL TRACKER:

BREAKFAST	LUNCH
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DINNERTIME	SNACKS
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## GRATITUDE:

## NOTES:

## FOR TOMORROW:

## SELF-CARE CHECKLIST:

- 
- 
- 



# Wellness Planner Quick Start

**Prof. (Dr.) Jai Paul Dudeja**

## Wellness Planner Quick Start:

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### **A Fit and Well**

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