

Weekly Self-Care Planner

Take 3–5 minutes each evening to check in with yourself. No pressure. Just honest reflection.

Tip: Keep this in a journal, pin it on your fridge, or use it as a screensaver to stay consistent.

Day	What made me smile today?	What healthy thing did I eat?	How did I move today?	One thing I'm grateful for?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Check-In Prompts

- One word to describe how I feel this week: _____
- One thing I want to try next week for my wellness: _____
- Did I rest enough? ■ Yes ■ No
- A quote, prayer, or thought that guided me: _____

Small steps count. You don't have to be perfect, just present. – Tango Fresh