



Thank you for visiting my site and checking out my wellness planner. I hope it will be helpful to you on your journey. Please feel free to share the file with others who might benefit from using it.

Information about this file:

- * It is sized to be printed on 8.5" x 11" (US letter) paper, double-sided, and cut in half to make A5 pages. If there is demand for a full 8.5" x 11", I will consider releasing that version at a later date.
- * If you cannot print these pages at home and you have room in your budget, you can always have them printed at an office supply store or other stores (UPS, FedEx, etc.) offering print services.
- * You will need to print 6 daily pages and 1 weekly page per week, or 7 daily pages and 1 weekly page per week, depending on your preference.
- * I kept the design basic so that you could add your own color and personal decor touches.
- * This can be a useful tool for self-care and mental wellness, but it is not a replacement for professional therapy. If you are struggling, please reach out to someone for help. Please don't let the short-sightedness of others and their personal biases prevent you from seeking and getting the help that you need.

Jeanna
Jeanna Carlton
messymuffin.com

Mood _____

Sleep
Bed _____
Rise _____

Energy ☆ ☆ ☆ ☆ ☆

Hydrate
○ ○
○ ○
○ ○
○ ○

Meds
 AM
 NOON
 PM

Activity
 work out
 relax
 journaling / writing
 music
 art

Wings _____

Sugar Intake
○ ○
○ ○

Blood Sugar

How did you unplug today?

_____ Duration? _____

Blood Pressure
_____/_____
Time: _____

Mood _____

Sleep
Bed _____
Rise _____

Energy ☆ ☆ ☆ ☆ ☆

Hydrate
○ ○
○ ○
○ ○
○ ○

Meds
 AM
 NOON
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Activity
 work out
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Wings _____

Sugar Intake
○ ○
○ ○

Blood Sugar

How did you unplug today?

_____ Duration? _____

Blood Pressure
_____/_____
Time: _____

Today's Positives

Dental

- Brush AM
- Brush PM
- Rubber Tip
- Floss
- Mouthwash

Reading

Today's Negatives

Spiritual

Did You...

- Get enough sleep?
- Eat healthy?
- Exercise?
- Socialize?
- Stress?
- Relax?

Grateful for

Weigh-In

lbs. _____
Reminder: You should only weigh in once

Today Was ☆ ☆ ☆ ☆ ☆

Today's Positives

Dental

- Brush AM
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Today's Negatives

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- Get enough sleep?
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- Socialize?
- Stress?
- Relax?

Grateful for

Weigh-In

lbs. _____
Reminder: You should only weigh in once each week!

Today Was ☆ ☆ ☆ ☆ ☆

Weekly Review

What were your worst moments this week? Where did you struggle?

What were your best moments this week? What were some wins?

Wellness goals for next week:

Word or positive quote for next week:

What are some steps you can take next week toward meeting your wellness goals?

Weekly Review

What were your worst moments this week? Where did you struggle?

What were your best moments this week? What were some wins?

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Word or positive quote for next week:

What are some steps you can take next week toward meeting your wellness goals?

What is one thing you are looking forward to next week?

Notes

What is one thing you are looking forward to next week?

Notes
