

2024

Mental Health & Self-Care Planner



This Book Belongs To

2024

CALENDAR

January

Mo	Tu	We	Th	Fr	Sa	Su
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				

February

Mo	Tu	We	Th	Fr	Sa	Su
			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			

March

Mo	Tu	We	Th	Fr	Sa	Su
				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

April

Mo	Tu	We	Th	Fr	Sa	Su
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					

May

Mo	Tu	We	Th	Fr	Sa	Su
		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		

June

Mo	Tu	We	Th	Fr	Sa	Su
					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

July

Mo	Tu	We	Th	Fr	Sa	Su
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				

August

Mo	Tu	We	Th	Fr	Sa	Su
			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	

September

Mo	Tu	We	Th	Fr	Sa	Su
						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						

October

Mo	Tu	We	Th	Fr	Sa	Su
	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			

November

Mo	Tu	We	Th	Fr	Sa	Su
				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	

December

Mo	Tu	We	Th	Fr	Sa	Su
						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					

Daily Self Care

Date:

Day:

Self Care Checklist

Meal Planner

Breakfast:

Lunch:

Dinner

Snack:

Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

Today's I am Grateful For

Thoughts/Notes

Weekly Self Care

Month:

Week of:

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monthly Self Care

Month:

Year:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes

Goals

[illegible]

January

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				

Self-care

Notes

[illegible]

February

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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			

Self-care

Notes

[illegible]

March

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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

Self-care

Notes

[illegible]

April

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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					

Self-care

Notes

[illegible]

May

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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		

Self-care

Notes

[illegible]

June

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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

Self-care

Notes

[illegible]

July

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				

Self-care

Notes

[illegible]

August

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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	

Self-care

Notes

[illegible]

September

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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						

Self-care

Notes

[illegible]

October

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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				

Self-care

Notes

[illegible]

November

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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

Self-care

Notes

[illegible]

December

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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					

Self-care

Notes

[illegible]

Self Care Planner

Month:

Year:

My Top Priorities

Goals For My Mind

Goals For My Body

Reminder

My Notes

Self Care Tracker

[illegible][illegible]

Self Care Checklist

Basic	M	T	W	T	F	S	S
Make Bed							
Brush Teeth							
Bathe							
Get Dressed							
Go Outside							
Smile							

	M	T	W	T	F	S	S
Get a good night sleep							
Eat a healthy Breakfast							
Cook a healthy dinner							
Drink Water							
Get some exercise							
Take Vitamins & Medications							

	M	T	W	T	F	S	S
Take a Break							
Talk to someone							
Do something that makes me happy now							
Write down what am thankful for							
Read 20 pages of a book							
Write down a future goal							

Mood Tracker

[illegible]

Anxiety Journal

What Happened	My Reaction	Better Coping Strategy
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
What Happened	My Reaction	Better Coping Strategy
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
What Happened	My Reaction	Better Coping Strategy
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
What Happened	My Reaction	Better Coping Strategy
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

Gratitude Journal

Week of:

Monday	Today's I am Grateful For....
Tuesday	Today's I am Grateful For....
Wednesday	Today's I am Grateful For....
Thursday	Today's I am Grateful For....
Friday	Today's I am Grateful For....
Saturday	Today's I am Grateful For....
Sunday	Today's I am Grateful For....

Exercise Log

Month:

Day	Type to exercise	Minutes	Energy After	How i do feel
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			★ ★ ★ ★ ★	

Medication Tracker

Month:

Day	How Login?	Feeling Before	Feeling After
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			

Healthy Meal Planner

Week of:

	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Declutter Checklist

[illegible]

Budget Tracker

Month:

Day	Purchase	Amount	Type
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			

Habit Tracker

Week:

Day	Habit	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
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18								
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22								
23								
24								
25								
26								
27								
28								
29								
30								

Daily Review

Date:

Highlight Of My Day

Accomplished

Not Accomplished

Tomorrow's Focus

[illegible]

Notes

*Thank
You*