Free Printable

Self-Care Planner

Plan one small self-care act per day of the week instead of just ticking a list

Inside this PDF
Undated - use any week, any year
Write-in boxes for every time slot
Prints on Letter or A4 - free for personal use

styleyouritems.com

Free for personal use. No sign-up, no email.

Self-Care Planner - Week 1

Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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							

Notes:

Self-Care Planner - Week 2

Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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							

Notes:

Self-Care Planner - Week 3

Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
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3:00 PM							
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5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							

Notes:

Self-Care Planner - Week 4

Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
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12:00 PM							
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6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							

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