

Seven-Day Self-Care Planner

Track routines, mood, connection and support needs.

Use this planner for seven days. Keep entries brief and honest. The planner is for self-reflection, not diagnosis.

Day	Sleep	Meals/Water	Movement	Mood (1-5)	One helpful action	Support needed
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						

Day	Sleep	Meals/Water	Movement	Mood (1-5)	One helpful action	Support needed
Day 7						

End-of-week reflection

What helped most?

What made the week harder?

Who supported me?

What will I continue next week?

Do I need professional support?

