

2026 PLANNER

YOUR BEST YEAR STARTS NOW

	JANUARY FEBRUARY							М	ARC	Н										
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26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				
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	JULY AUGUST																			
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6 12 19	6 13 20	T 7 14 21	W 1 8 15 22	T 2 9 16 23	3 10 17 24	4 11 18	2 9 16	3 10 17	T 4 11 18	w 5 12 19	T 6 13 20	7 14 21	1 8 15 22	6 13 20	M 7 14 21	T 1 8 15 22	w 2 9 16 23	T 3 10 17	F 4 11 18	5 12 19
6 12 19	6 13 20	T 7 14 21 28	W 1 8 15 22 29	T 2 9 16 23 30	3 10 17 24	4 11 18	2 9 16 23	3 10 17 24	T 4 11 18 25	w 5 12 19 26	T 6 13 20 27	7 14 21 28	1 8 15 22	6 13 20	M 7 14 21	T 1 8 15 22 29	w 2 9 16 23 30	T 3 10 17 24	F 4 11 18 25	5 12 19
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6 12 19 26	6 13 20 27	7 14 21 28	W 1 8 15 22 29	T 2 9 16 23 30 SER T 1	3 10 17 24 31	4 11 18 25	2 9 16 23 30	3 10 17 24 31	T 4 11 18 25 NO T 3	w 5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22 29	6 13 20 27	M 7 14 21 28	T 1 8 15 22 29	w 2 9 16 23 30	T 3 10 17 24	F 4 11 18 25	5 12 19 26
6 12 19 26 5	6 13 20 27 M	7 14 21 28	W 1 8 15 22 29 TOE	T 2 9 16 23 30 SER T 1 8	3 10 17 24 31 F 2	4 11 18 25 \$ 3	2 9 16 23 30 \$ 1 8	3 10 17 24 31	T 4 11 18 25 NOV T 3 10	w 5 12 19 26 VEM W 4 11	T 6 13 20 27 BER T 5 12	7 14 21 28 F 6	1 8 15 22 29 S 7 14	6 13 20 27 \$	M 7 14 21 28 M	T 1 8 15 22 29 DEC	w 2 9 16 23 30 CEM w 2 9	T 3 10 17 24 BER T 3 10	F 4 11 18 25 F 4 11	5 12 19 26 S 5
6 12 19 26 S	6 13 20 27 M	T 7 14 21 28 OC T 6 13	W 1 8 15 22 29 TOE W 7 14	T 2 9 16 23 30 SER T 1 8 15	3 10 17 24 31 F 2 9	4 11 18 25 \$ 3 10	2 9 16 23 30 S 1 8	3 10 17 24 31 M 2 9	T 4 11 18 25 NOV T 3 10 17	w 5 12 19 26 VEM w 4 11 18	T 6 13 20 27 BER T 5 12 19	7 14 21 28 F 6 13 20	1 8 15 22 29 S 7 14 21	6 13 20 27 S	M 7 14 21 28 M 7	T 1 8 15 22 29 DEC	w 2 9 16 23 30 CEM w 2 9 16	T 3 10 17 24 BER T 3 10 17	F 4 11 18 25 F 4 11 18	5 12 19 26 S 5 12
6 12 19 26 S	6 13 20 27 M 5 12	T 7 14 21 28 OC T 6 13 20	W 1 8 15 22 29 TOE W 7 14 21	T 2 9 16 23 30 SER T 1 8 15 22	3 10 17 24 31 F 2 9 16 23	4 11 18 25 \$ 3 10 17 24	2 9 16 23 30 S 1 8 15	3 10 17 24 31 M 2 9 16 23	T 4 11 18 25 NOV T 3 10	w 5 12 19 26 VEM W 4 11	T 6 13 20 27 BER T 5 12	7 14 21 28 F 6	1 8 15 22 29 S 7 14	6 13 20 27 \$ 6 13 20	M 7 14 21 28 M 7 14 21	T 1 8 15 22 29 DEC	w 2 9 16 23 30 CEM w 2 9 16 23	T 3 10 17 24 BER T 3 10 17 24	F 4 11 18 25 F 4 11	5 12 19 26 S 5
6 12 19 26 S	6 13 20 27 M	T 7 14 21 28 OC T 6 13	W 1 8 15 22 29 TOE W 7 14	T 2 9 16 23 30 SER T 1 8 15	3 10 17 24 31 F 2 9	4 11 18 25 \$ 3 10	2 9 16 23 30 S 1 8	3 10 17 24 31 M 2 9	T 4 11 18 25 NOV T 3 10 17	w 5 12 19 26 VEM w 4 11 18	T 6 13 20 27 BER T 5 12 19	7 14 21 28 F 6 13 20	1 8 15 22 29 S 7 14 21	6 13 20 27 S	M 7 14 21 28 M 7	T 1 8 15 22 29 DEC	w 2 9 16 23 30 CEM w 2 9 16	T 3 10 17 24 BER T 3 10 17	F 4 11 18 25 F 4 11 18	5 12 19 26 S 5 12



2026 GOALS

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	
	BE THE REASON YOU FEEL GOOD.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

FEBRUARY

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	
	ONE HOUR FOR YOU CHANGES THE WHOLE DAY.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

MARCH

WEEK 1				W	EEK	2			
WEEK 3				w	EEK	4			
			_	_					
WEEK 5			_			YOU			OUR FROM AN Y YOU.
SELF-CARE					DO	нот	FOR	GET	
HABIT TRACKER	S	M	T	w	Т	F	S		AFFIRMATION
	•	0	•	•	•	•	•		

WEEK 1		WEEK 2
WEEK 3		WEEK 4
WEEK 5		
		RESET. REFUEL. RESTART.
SELF-CARE		DO NOT FORGET
HABIT TRACKER	S M T	T W T F S AFFIRMATION
	• • •	
	• • •	

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	
	YOUR ROUTINE IS A LOVE LETTER TO YOURSELF.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

WEEK 1		WEEK 2	
WEEK 3		WEEK 4	
WEEK 5			
			HE HEALTHIEST ICTION.
SELF-CARE		DO NOT FORGE	Т
HABIT TRACKER	S M T	W T F S	AFFIRMATION
	0 0 0		

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	
	SMALL STEPS → BIG SHIFTS.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

AUGUST

WEEK 1	WEEK 2
WEEK 3	WEEK 4
WEEK 5	PROGRESS, NOT PERFECTION.
SELF-CARE	DO NOT FORGET
HABIT TRACKER	S M T W T F S AFFIRMATION

SEPTEMBER

WEEK 1			W	EEK	2		
			_				
WEEK 3			w	EEK	4		
			_				
WEEK 5						ALL	YOU'RE OWED TO RT AGAIN.
SELF-CARE				DO	нот	FORG	GET
HABIT TRACKER	S	м т	·w	т	F	s	AFFIRMATION
	•			•	•	•	

WEEK 1		WEEK 2	
WEEK 3		WEEK 4	
WEEK 5			GOING, ROWING.
SELF-CARE		DO NOT FORGE	Т
HABIT TRACKER	S M T	W T F S	AFFIRMATION
	0 0 0		

WEEK 1		WEEK 2
WEEK 3		WEEK 4
WEEK 5		YOU ARE WORTH THE EFFORT.
SELF-CARE		DO NOT FORGET
HABIT TRACKER	S M T	W T F S AFFIRMATION
	• • •	

DECEMBER

WEEK 1			W	EEK	2		
			_				
WEEK 3			w	EEK	4		
			_				
WEEK 5							JR JOURNEY, OUR PACE.
SELF-CARE				DO	нот	FOR	GET
HABIT TRACKER	S	м т	w	т	F	s	AFFIRMATION
	• (•	•	•	•	



WEEKLY PLANNER

Sunday	to do rist
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Monday	0
Monday	0
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	0
Tuesday	0
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	0
Wednesday	notes
Thursday	
	weekly goals
Thursday	weekly goals
	1.
	1. 2.
	1. 2. 3.
Friday	1. 2. 3. 4. 5
	1. 2. 3. 4. 5. 6.
Friday	1. 2. 3. 4. 5. 6. 7.
Friday	1. 2. 3. 4. 5. 6.



WEEKLY PLANNER

Sunday	O O O O O O O O O O O O O O O O O O O
	O O
Tuesday	O O O O
Wednesday	notes
Thursday	
Friday	tracker M T W T F S S 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Saturday	



DAILY SELF-CARE CHECKLIST

DA	TE /	S	M T W T F S
	MAKE YOUR BED		TAKE A LONG BATH
	TAKE YOUR MEDICATIONS & VITAMINS	\bigcirc	DO A FACE MASK
\bigcirc	SKINCARE ROUTINE	\bigcirc	CALL A FRIEND OR FAMILY
	HEALTHY MEALS	\bigcirc	MEDITATION
\bigcirc	GO FOR A WALK		WATCH A MOVIE
\bigcirc	CLEANING HOUSE	\bigcirc	CUDDLE A PET OR HUMAN
\bigcirc	WASHING CLOTHES	\bigcirc	TRY A NEW RESTAURANT
\bigcirc	LISTEN TO MUSIC	\bigcirc	MAKE TIME TO READ
\bigcirc	HAVE A POWER NAP	\bigcirc	TRY A NEW RECIPE
\bigcirc	SOCIAL MEDIA BREAK		NO PHONE 30 MINS BEFORE BED
wo	RKOUT		HOURS OF SLEEP (Hours)
\bigcirc	CARDIO WEIGHT YOGA		
	STRETCH REST DAY OTHER		1 2 3 4 5 6 7 8
			WATER BALANCE (Glass)
TH	INGS THAT MAKE ME HAPPY TODAY		1 2 3 4 5 6 7 8
			MOOD
			ANGRY TIRED SAD GREAT FUN



NOTES

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