



# 2026 PLANNER

YOUR BEST YEAR  
STARTS NOW



## JANUARY

S	M	T	W	T	F	S
				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

S	M	T	W	T	F	S
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

## MARCH

S	M	T	W	T	F	S
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

S	M	T	W	T	F	S
			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

S	M	T	W	T	F	S
					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

S	M	T	W	T	F	S
	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

S	M	T	W	T	F	S
			1	2	3	4
6	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

S	M	T	W	T	F	S
						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

S	M	T	W	T	F	S
		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

S	M	T	W	T	F	S
				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

S	M	T	W	T	F	S
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

S	M	T	W	T	F	S
		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		



## 2026 GOALS

[illegible]

# MONTHLY PLANNER

JANUARY

## WEEK 1

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## WEEK 2

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## WEEK 3

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## WEEK 4

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## WEEK 5

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BE THE REASON YOU FEEL GOOD.

SELF-CARE

DO NOT FORGET

## HABIT TRACKER

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## AFFIRMATION

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# MONTHLY PLANNER

FEBRUARY

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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ONE HOUR FOR YOU  
CHANGES THE WHOLE DAY.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

AFFIRMATION

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# MONTHLY PLANNER

MARCH

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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YOU CAN'T POUR FROM AN  
EMPTY YOU.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

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# MONTHLY PLANNER

APRIL

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

RESET. REFUEL. RESTART.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
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AFFIRMATION

# MONTHLY PLANNER

MAY

## WEEK 1

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## WEEK 2

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## WEEK 3

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## WEEK 4

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## WEEK 5

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YOUR ROUTINE IS A LOVE LETTER  
TO YOURSELF.

SELF-CARE

DO NOT FORGET

## HABIT TRACKER

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## AFFIRMATION

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# MONTHLY PLANNER

JUNE

## WEEK 1

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## WEEK 2

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## WEEK 3

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## WEEK 4

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## WEEK 5

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TRAVEL IS THE HEALTHIEST  
ADDICTION.

SELF-CARE

DO NOT FORGET

## HABIT TRACKER

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## AFFIRMATION

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# MONTHLY PLANNER

JULY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

SMALL STEPS → BIG SHIFTS.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

AFFIRMATION

# MONTHLY PLANNER

AUGUST

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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PROGRESS, NOT PERFECTION.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

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# MONTHLY PLANNER

SEPTEMBER

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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YOU'RE  
ALLOWED TO  
START AGAIN.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

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# MONTHLY PLANNER

OCTOBER

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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KEEP GOING,  
KEEP GROWING.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

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# MONTHLY PLANNER

NOVEMBER

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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YOU ARE WORTH THE  
EFFORT.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

AFFIRMATION

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# MONTHLY PLANNER

DECEMBER

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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YOUR JOURNEY,  
YOUR PACE.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

AFFIRMATION

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# WEEKLY PLANNER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

## Saturday

to do list

notes

weekly goals



# WEEKLY PLANNER



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

to do list



notes

tracker

M T W T F S S





# DAILY SELF-CARE CHECKLIST

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S M T W T F S

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
- ☐ SKINCARE ROUTINE
- ☐ HEALTHY MEALS
- ☐ GO FOR A WALK
- ☐ CLEANING HOUSE
- ☐ WASHING CLOTHES
- ☐ LISTEN TO MUSIC
- ☐ HAVE A POWER NAP
- ☐ SOCIAL MEDIA BREAK
- ☐ TAKE A LONG BATH
- ☐ DO A FACE MASK
- ☐ CALL A FRIEND OR FAMILY
- ☐ MEDITATION
- ☐ WATCH A MOVIE
- ☐ CUDDLE A PET OR HUMAN
- ☐ TRY A NEW RESTAURANT
- ☐ MAKE TIME TO READ
- ☐ TRY A NEW RECIPE
- ☐ NO PHONE 30 MINS BEFORE BED

## WORKOUT

- ☐ CARDIO
- ☐ WEIGHT
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

## THINGS THAT MAKE ME HAPPY TODAY

## HOURS OF SLEEP ( Hours )



## WATER BALANCE ( Glass )



## MOOD





## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



**boddy** WELLNESS WORLDWIDE

