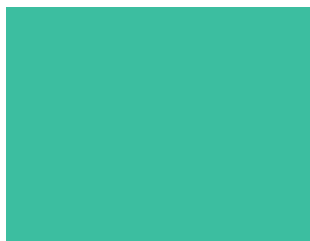




2026 PLANNER

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

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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
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

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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
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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
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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
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

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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
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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

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		



2026 GOALS

[illegible]

MONTHLY PLANNER

JANUARY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

BE THE REASON YOU FEEL GOOD.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

MONTHLY PLANNER

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

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AFFIRMATION

MONTHLY PLANNER

MARCH

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

YOU CAN'T POUR FROM AN
EMPTY YOU.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

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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AFFIRMATION

MONTHLY PLANNER

MAY

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

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AFFIRMATION

MONTHLY PLANNER

JUNE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

TRAVEL IS THE HEALTHIEST
ADDICTION.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

MONTHLY PLANNER

JULY

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

MONTHLY PLANNER

AUGUST

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

PROGRESS, NOT PERFECTION.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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	☐	☐	☐	☐	☐	☐	☐

AFFIRMATION

MONTHLY PLANNER

SEPTEMBER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

YOU'RE
ALLOWED TO
START AGAIN.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

MONTHLY PLANNER

OCTOBER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

KEEP GOING,
KEEP GROWING.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

MONTHLY PLANNER

NOVEMBER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

YOU ARE WORTH THE
EFFORT.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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AFFIRMATION

MONTHLY PLANNER

DECEMBER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

YOUR JOURNEY,
YOUR PACE.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

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	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

AFFIRMATION

WEEKLY PLANNER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

to do list

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
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- ☐

notes

weekly goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



WEEKLY PLANNER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

to do list

notes

tracker



DAILY SELF-CARE CHECKLIST

DATE ____ / ____ / ____

S M T W T F S

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

WORKOUT

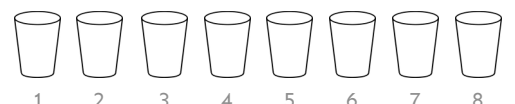
- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| ☐ CARDIO | ☐ WEIGHT | ☐ YOGA |
| ☐ STRETCH | ☐ REST DAY | ☐ OTHER |

THINGS THAT MAKE ME HAPPY TODAY

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



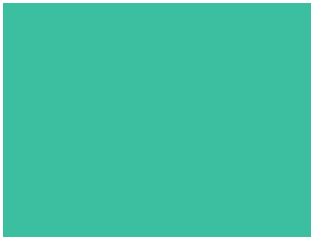
MOOD





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 or other markings on the paper.



boddy WELLNESS WORLDWIDE