SELF-CARE PLANNER

DATE:	S M T W T F S
THINGS THAT MADE ME HAPPY TODAY	
WATER INTAKE	SELF-CARE ACTIVITIES
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	
TODAY'S MOOD	
DAILY NUTRITION	
Breakfast	
Lunch	
Dinner	
Snack	
HABITS TO START	HOPES PROGRAM
HABITS TO START	HOPES I
	PROGRAM

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