

### Wellness Planner

2025 - 2026

TRACK YOUR HEALTH, FOOD, AND MEDICAL JOURNEY

# Self-Care



#### **Morning routine**

Aim for at least 8 hours of sleep Eat a nutritious breakfast Practice Mindfulness or Prayer Write down 3 things you're grateful for



#### **Midday routine**

Rate your mood on a scale from 1 to 10 Eat a balanced and healthy lunch Take a short break to practice breathing



#### Afternoon routine

Review your to-do list and prioritize tasks Reach out to a friend for a quick chat



#### **Evening routine**

Enjoy a satisfying and nutritious dinner
Do something you enjoy
Engage in a calming activity before bed
Prepare for bed
Reflect on 3 positive moments from today



#### **During the whole day**

Drink at least 2 liters of water Engage in physical activity



# My Welness DD/MM/YYYY: DD/MM/YYYY: DD/MM/YYYY: DD/MM/YYYY:

DD/MM/YYYY:	JOULIIO
WAKE UP TIME BED TIME	HOURS OF SLEEP
WHAT ARE MY STRESSERS TODAY	PAIN LEVEL AND ENERGY LEVELS
TODAY'S MOOD	WATER INTAKE OF THE DAY
	0000000
TODAY, I'M GRATEFUL FOR	THINGS THAT I WILL DO BETTER

# Medical appointments

DATE:
DOCTOR NAME:
QUESTIONS TO THE DOCTOR
APPOINTMENTS
TO DO

### Medication Tracker



#### DATE

MEDICATION	DOSE	TIME GIVEN	REACTION
NOTES	NOTES	NOTES	NOTES

### **Medical Contact List**

NAME:
CONTACT:
ADDRESS:
SPECIALTIES:
EMAIL:
NOTES:
NAME:
CONTACT:
ADDRESS:
SPECIALTIES:
EMAIL:
NOTES:
NAME:
CONTACT:
ADDRESS:
SPECIALTIES:
EMAIL:
NOTES:
NAME:
CONTACT:
ADDRESS:
SPECIALTIES:
EMAIL:
NOTES:

### **Appointments Calendar**

JANUARY			FEBRUARY	
		_		
		_		
		_		
MARGU		ſ	ABBII	1
MARCH			APRIL	
		_		
		_		
		_		
		_		
	1	(		1
MAY			JUNE	
		_		
		_		
		_		

### **Appointments Calendar**

JULY	AUGUST
	.
	.
SEPTEMBER	OCTOBER
	·   -
NOVEMBER	DECEMBER

## WORKOUT TRACKER

MONTH OF:				
FOCUS AREA:	HIP	S   THIGH   CHE	ST   ARMS   BOD	Y FAT   MUSCLE
EXERCISE		SET	REP	WEIGHT
			-	-
			-	
			-	
FOCUS AREA:	HIP	S   THIGH   CHE	ST   ARMS   BOD	Y FAT   MUSCLE
EXERCISE		SET	REP	WEIGHT
			_	
			-	
FOCUS AREA:	HIP	S   THIGH   CHE	ST   ARMS   BOD	Y FAT   MUSCLE
EXERCISE		SET	REP	WEIGHT

# WEEKLY MEAL











# PLANNER

WEEK	•	MONTH:				MONTH:	
	BREAKFAST	LUNCH	DINNER	SNACKS			
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							

### WEEKLY REFLECTION

What did I achieve this week?

What did I learn this week?

What made me happy this week?

What was challenging this week?

Best moment of the week:

Intentions for next week:

### REDFALL WELLNESS



REDFALLWELLNESS.COM