



*wellness  
with love*



# how to use this planner



This planner was created specifically for you! With 13 pages of planning tools, you can choose to intergrate all of them into your life, or just pick the pages that feel most relevant to you. *Be sure to save this planner to your computer or device so you will always have access to it.*

Here are two ways to use this planner:

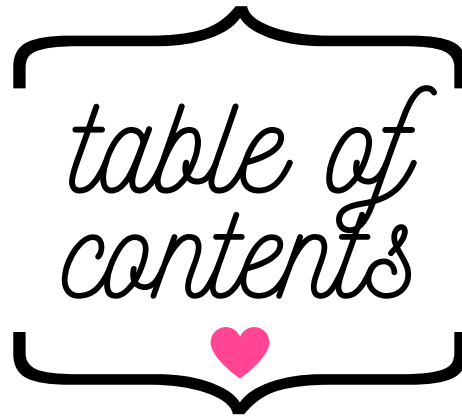
## **Print the pages**

I'm a paper person, and this planner was designed to be printed! It was created to print on 8.5"x11" paper with room in the margins to punch holes so you can make your own personalized binder. You can choose which pages to print.

## **Use digitally with your favorite app**

You can also import the PDF into your favorite app to use online. If you're a digital planner person, this might be the best way for you to enjoy this planner.

On the next page, you'll find recommended uses for each page included in this file. Of course, this is YOUR planner and we encourage you to use it in a way that suits you and your lifestyle.



*table of  
contents*

**Monthly Calendar** Use this page to plan our your month.

**Annual Appointments** Keep up-to-date on annual check-ups with this helpful reminder page.

**Daily Tracker** Use this page to track your days. It's a great practice for checking in with yourself each day and working towards goals.

**Wellness Plan** This page will help you architect your ideal day, which is the basis for the rest of the planner.

**Wellness Goal Finder** Use this page to brainstorm goal ideas and things you'd like to work on.

**Vision Board** This vision board template was designed with your wellness in mind. Fill it out and keep it somewhere nearby so you can reference it regularly.

**Goal Tracking** Once you've chosen your goals, use these goal trackers to write them down and track your progress.

**30 Day Challenge** Choose your own challenge! Mark off the days as you work towards your 30 day goals.

**Weight & Measurement Tracker** Use this page to track your weight and measurements. You can even create a gains/loss graph at the bottom of the page.

**Meal Planner** Plan meals for the entire week, and your grocery list at the same time.




































**Circular Habit Tracker** Use this page to track habits every month.

**Journaling Prompts** Use these prompts to help develop a daily journaling practice.

**Journaling Page** Use this page for your daily journaling.

**Planner Stickers** Print these colorful stickers out on sticker paper and use them to dress up your Wellness with Love Journal!

Month:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

*This Month's Goals:*



# Annual Appointments

**JANUARY**

---

---

---

---

---

---

---

---

**FEBRUARY**

---

---

---

---

---

---

---

---

**MARCH**

---

---

---

---

---

---

---

---

**APRIL**

---

---

---

---

---

---

---

---

**MAY**

---

---

---

---

---

---

---

---

**JUNE**

---

---

---

---

---

---

---

---

**JULY**

---

---

---

---

---

---

---

---

**AUGUST**

---

---

---

---

---

---

---

---

**SEPTEMBER**

---

---

---

---

---

---

---

---

**OCTOBER**

---

---

---

---

---

---

---

---

**NOVEMBER**

---

---

---

---

---

---

---

---

**DECEMBER**

---

---

---

---

---

---

---

---

Appointments to remember:

- Dentist \_\_\_\_\_
- Annual Wellness Exam \_\_\_\_\_
- Eye Exam \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Wellness Plan

Use the form below to plan out your ideal life. Let these answers flow. Don't think too hard about them, or feel like there is a right or wrong answer. You can always change your plan.

I get \_\_\_\_\_ hours of sleep every night.

When I am having a rough day and need to reset, I:

I wake up at:

This is the type of food I eat every day:

When I think of living my best, healthiest life, it includes:

I move my body every day. Some ways I exercise are:

I drink \_\_\_\_\_ ounces of water every day.

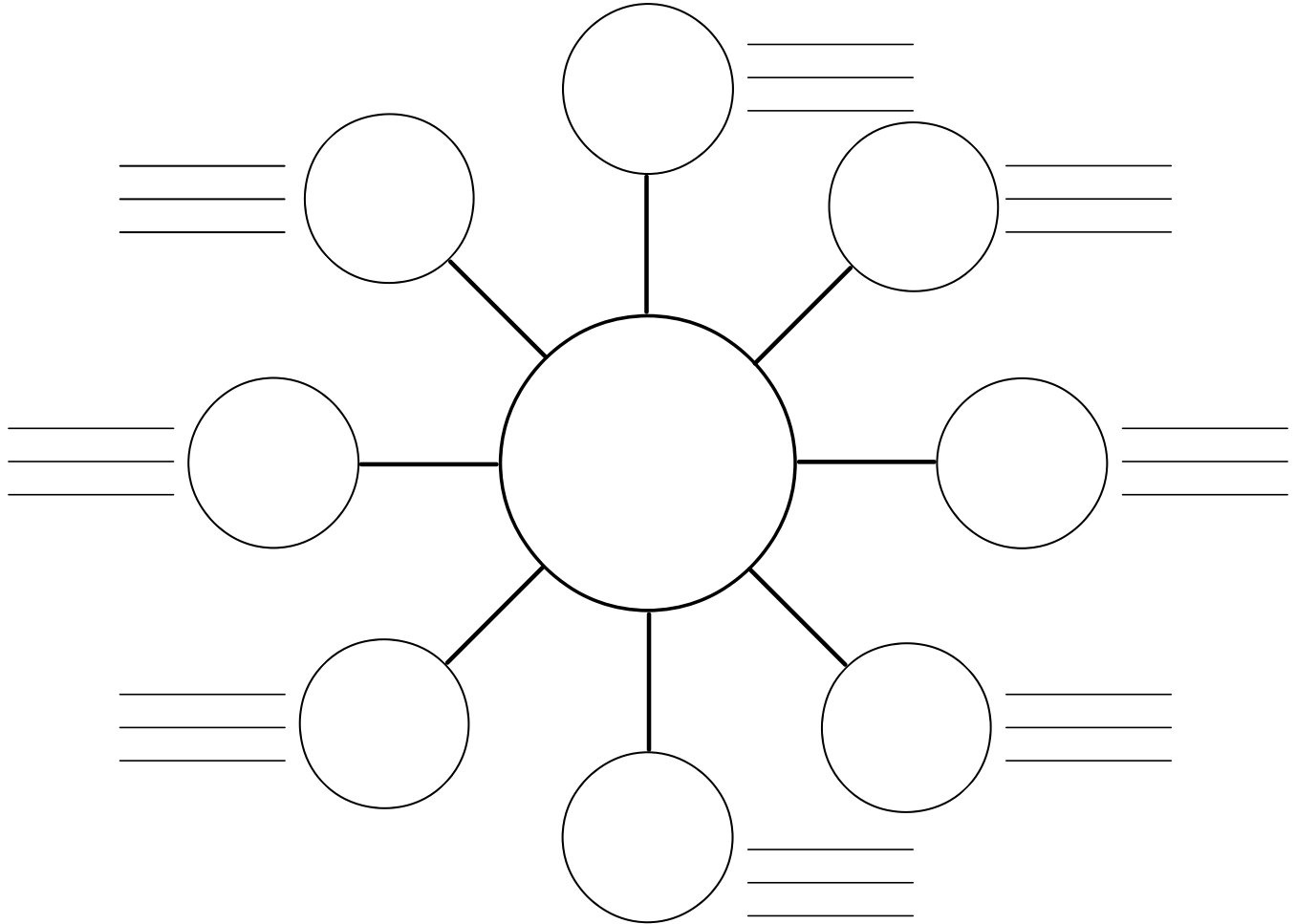
I do something for myself every day. Some examples of things I do are:

I manage my stress by:



# Goal Finder

Not sure what goals you want to work on? Use this worksheet to find areas in your life that you'd like to improve, and then set your goals from there. Some categories might be: health, finances, career, business, travel, etc. *See detailed example of how to use this page on our Example Pages.*



Which of these goals do I want to pursue?



# Wellness Vision Board

GOALS I WILL REACH

WORDS THAT  
INSPIRE ME

PLACES I WILL FIND SUPPORT

HOW I WILL FEEL WHEN I  
REACH MY GOAL

BOOKS AND RESOURCES THAT  
WILL HELP ME

FOODS I WILL EAT AND  
EXERCISE I WILL TRY

WAYS I WILL COMMIT TO MY  
MENTAL HEALTH



# 30-day Challenge



THE CHALLENGE:

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

---

---

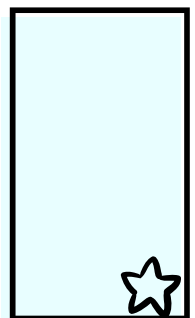
---

---

---

---

COMPLETE!





# Habit Tracking

MONTH:

A circular habit tracking calendar grid. The outermost ring contains the days of the month, numbered 1 through 31. The grid consists of several concentric rings, creating a grid of cells for tracking habits. The center of the grid is a solid white circle.

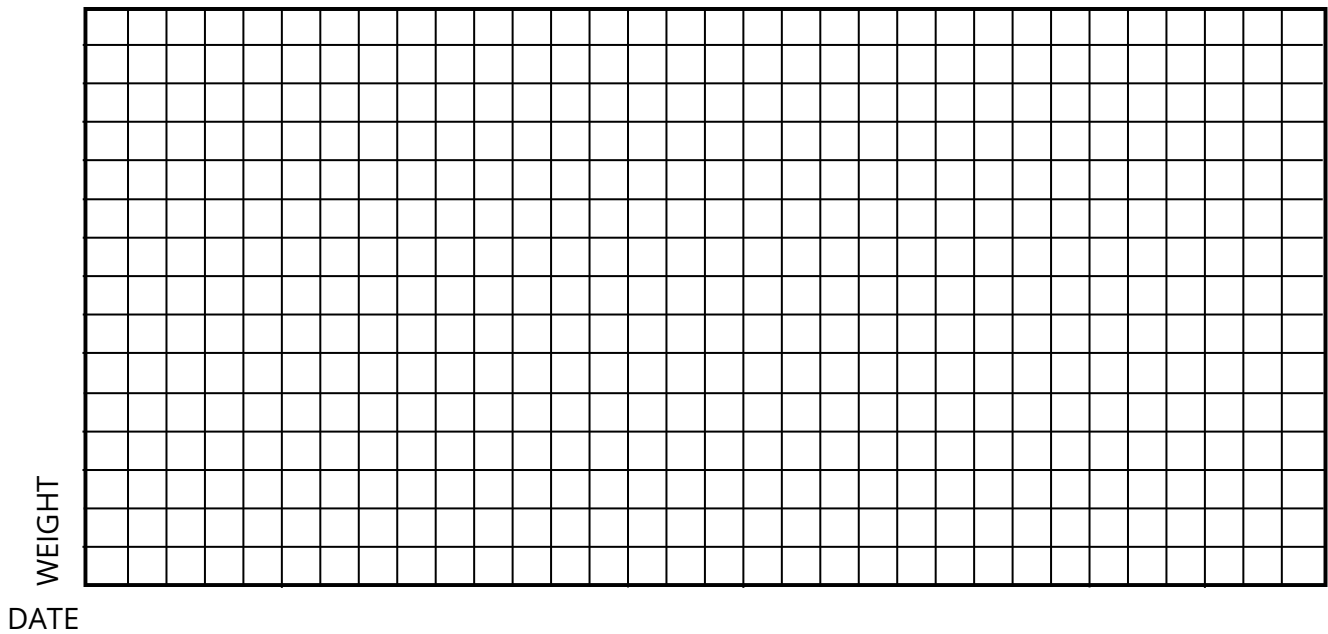
*How this month went.*



# Weight & Measurements

Date											
Weight											
Chest											
Left Arm											
Right Arm											
Waist											
Hips											
Left Thigh											
Right Thigh											

## WEIGHT LOSS & GAINS GRAPH



# Wellness Journal Prompts

How can you bring more love into your wellness routine?

What is an area in your life you're working to improve?

How do you stay inspired?

How do you feel when you exercise?

How do you feel when you don't exercise?

What can you do during the day to help you sleep better at night?

How does your mental health feel lately?

What's something that went wrong today? How can you start fresh tomorrow?

What did you do for yourself today?

What did you do for someone else today?

What was the highlight of your day?

How can you spend more time in nature?

What is something you're grateful for?

What would you like your life to look like?

Describe your perfect regular day.

How was your workout today?

What is your workout going to be tomorrow?

What does your body want from you?





# Planner Stickers

