

# WELLNESS PLANNER PRINTABLE REFILLS

WELLNESS SHOULDN'T STOP WHEN YOU RUN OUT OF PAGES

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①

print pages on 8.5x11" paper at actual size  
(try using your favorite colored cardstock)

②

cut in half on the dotted line

③

with an individual hole-punch,  
align + punch with the circle guides

## WHAT TO MAKE

**Monday**

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**Tuesday**

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**Wednesday**

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**Thursday**

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**Friday**

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**Saturday**

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**Sunday**

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**Snacks**

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## WHAT TO BUY

**Vegetables**

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**Fruit**

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**Proteins**

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**Grains**

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**Nuts + Seeds**

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**Drinks**

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**Essentials**

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**Snacks**

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# ARE YOU DRINKING ENOUGH WATER?

Use this chart and those dot stickers to track your water intake!

Week of \_\_\_\_\_

A Goal \_\_\_\_\_

= \_\_\_\_\_ Ounces/Milliliters

<b>M</b>	Yes You Can			Gulp Gulp				You Should Be So Proud
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<b>T</b>		Don't Give Up		You're Doing So Well				You're So Good At This
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<b>W</b>	Your Future Looks Bright			You've Come So Far			You Are Seriously Glowing	
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<b>T</b>	You Got This			Eyes On The Prize			Sip Sip	
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<b>F</b>		Drink Up		You're Killing It				Woah
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<b>S</b>	Stay Focused			Oh You're Good			Your Skin Thanks You	
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<b>S</b>	Go Go Go			Look At You Go				You're A Total Champ
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How'd ya do?

How do you feel?

\_\_\_\_\_

\_\_\_\_\_

# ARE YOU DRINKING ENOUGH WATER?

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How'd ya do?

How do you feel?

\_\_\_\_\_

\_\_\_\_\_

## STUFF TO LISTEN TO

**Mood-Boostin'**

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**Weekend Hangs**

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**Chill Out**

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**Get Things Done**

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**Kinda Sad**

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**Party Time**

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**Workout**

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**Podcasts**

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## STUFF TO READ

**Thrillers... Whoa**

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**So Inspiring**

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**Feel Good**

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**That's Funny**

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**Tearjerkers**

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**True Life**

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**Learn A Thing**

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**Blogs**

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# DO ALL THE THINGS

○ **Week of:**

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**Goal:**

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## Monday

- Work out
- Relax
- Try something new

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## Tuesday

- Work out
- Relax
- Try something new

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## Wednesday

- 
- Work out
  - Relax
  - Try something new

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## Thursday

- Work out
- Relax
- Try something new

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## Friday

- Work out
- Relax
- Try something new

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## Saturday

- Work out
- Relax
- Try something new

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## Sunday

- 
- Work out
  - Relax
  - Try something new

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## How do you feel?

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# DO ALL THE THINGS

○ **Week of:**

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**Goal:**

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## Monday

- Work out
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- Work out
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## Thursday

- Work out
- Relax
- Try something new

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## Friday

- Work out
- Relax
- Try something new

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## Saturday

- Work out
- Relax
- Try something new

---

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## Sunday

- 
- Work out
  - Relax
  - Try something new

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## How do you feel?

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# YOUR RATING SYSTEM

Create your own emotional rating system to track your daily feelings.

**One:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Three:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Five:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Two:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Four:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Notes**

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**How does it feel?**

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# YOUR RATING SYSTEM

Create your own emotional rating system to track your daily feelings.

**Six:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Eight:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Ten:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Seven:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Nine:**

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**How does it feel?**

- Emotional
- Physical
- Any warning signs?

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**Notes**

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**How does it feel?**

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# BIG GOALS

Write down all those things you hope to (and most definitely will) achieve.

**Timeline:**

**Goal**

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**Steps to get there:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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**Timeline:**

**Goal**

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**Steps to get there:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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# BIG GOALS

Write down all those things you hope to (and most definitely will) achieve.

**Timeline:**

**Goal**

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**Steps to get there:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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**Timeline:**

**Goal**

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**Steps to get there:**

- \_\_\_\_\_
- \_\_\_\_\_
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# DAY PLANNER

Date

Notes

Daily goal:

Steps to get there:

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

Text, call, email, etc.

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

To-Do:

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

This can wait:

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

# DAY PLANNER

Date

Notes

Daily goal:

Steps to get there:

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

Text, call, email, etc.

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

To-Do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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This can wait:

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