Authentic Growth

SELF-CARE PLANNER



DATE:						S	M	Т	W	Т	F	S
THINGS TH	AT BROU	JGHT I	ME JOY	TODAY								
•												
WATER INTA	AKE	SELF-CARE ACTIVITIES										
\bigcirc \bigcirc \bigcirc \bigcirc 1L	$\Diamond \Diamond$	△ △ 2 L	○ ○ ○ 3 L									
TODAY'S MC	OOD											
				_								
DAILY NUTR	RITION			WK.								
Breakfast _				一个								
Lunch _												
Dinner _												
Snack _												
HABITS TO	START				HABITS TO	STO	O P					
•					•							
•					• —							