

How to Use Your Menu Planner & Self Care Tracker

MENU PLANNER

- 1) Determine if there are any major events happening each day that could impact meals including preparation times and dining home vs away from home.
Consider: meetings, after work events, date nights, parties, travel
- 2) Write out your meals for each day and the times you will consume them. Aim for a consistent schedule most days.
Consider: utilizing leftovers or extras, what you already have available at home, cook time
- 3) Snacks count too! Not every snack slot may be needed. Depends on your schedule, activity & hunger levels.
- 4) Use your plate as a guideline for planning meals & snacks:
Mealtime Plate: 1/2 plate of veggies or fruits + veggies, 1/4 plate protein, 1/4 whole grain or starch
Snack Sized Plate: 1/2 plate protein or healthy fat, 1/2 plate fruit, veggie, or whole grain/starch
- 5) Once your meals are planned, determine what items need to be purchased and complete the Grocery List
- 6) Don't forget about exercise! Plan out your exercise days and times in advance.
- 7) Share your plan with your S.O. so you're both on the same page.
- 8) Put your weekly planner somewhere visible where it can serve as a reminder and be communicated to your S.O.
- 9) Create a tracking and reward system to monitor your progress with following your plan.
- 10) Write you plan in PENCIL - it's OK for things to change!

SELF CARE TRACKER

HYDRATION

For every 8oz of fluid consumed, check off a glass. If you consume more than 8 glasses, mark those down as well.

SLEEP

Note the time you go to bed and wake up each morning.

Asses the quality of your sleep.

Consider: restlessness, comfort levels, getting up to use bathroom, level of tiredness the next morning

STRESS MANAGEMENT

Use this space to write down any positive or negative matters that you want to reflect on from the day.

You can also assess stress levels on a 1-5 scale (1 = no stress / 5 = highly stressed)

Note any stress management techniques used that day.

Consider: how can the root of your stress be addressed?

Print a new plan & tracker each week to stay on track!

Weekly Menu Planner

Week Of _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

EVENTS

Time: _____

Time: _____

Time: _____

Time: _____

BREAKFAST

Time: _____

Time: _____

Time: _____

Time: _____

SNACK

Time: _____

Time: _____

Time: _____

Time: _____

LUNCH

Time: _____

Time: _____

Time: _____

Time: _____

SNACK

Time: _____

Time: _____

Time: _____

Time: _____

DINNER

Time: _____

Time: _____

Time: _____

Time: _____

SNACK

Time: _____

Time: _____

Time: _____

Time: _____

EXERCISE

Time: _____

Time: _____

Time: _____

Time: _____

Week Of _____

Grocery List

FRUIT

VEGETABLES

MEATS/PROTEINS

DAIRY

GRAINS/STARCHES

MISCELLANEOUS

Weekly Self Care Tracker

Week Of _____

MONDAY

TUESDAY

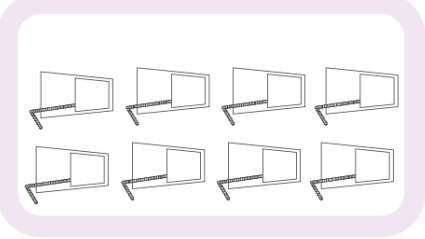
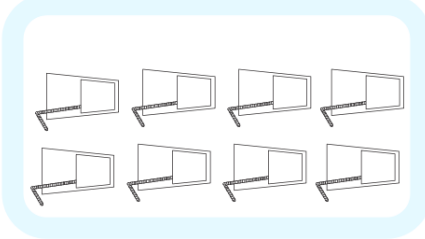
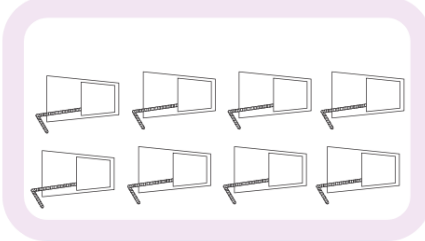
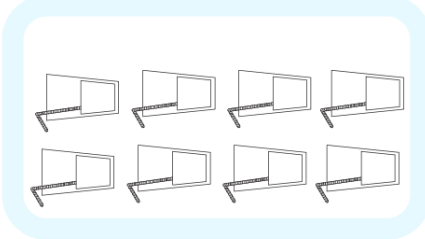
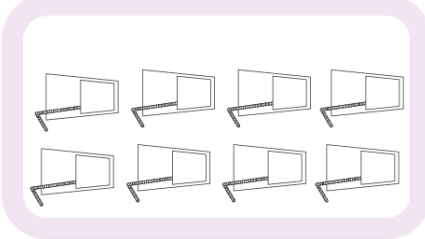
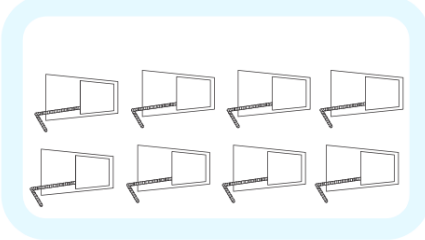
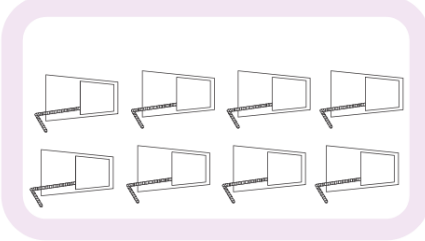
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HYDRATION
1 glass = 8 oz

Time to Bed: _____
Wake Time: _____
Quality of Sleep: _____

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Wake Time: _____
Quality of Sleep: _____

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Wake Time: _____
Quality of Sleep: _____

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Quality of Sleep: _____

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Wake Time: _____
Quality of Sleep: _____

Stress Management area for Monday

Stress Management area for Tuesday

Stress Management area for Wednesday

Stress Management area for Thursday

Stress Management area for Friday

Stress Management area for Saturday

Stress Management area for Sunday

SLEEP

STRESS
MANAGEMENT