



FREE 30-DAY PRINTABLE

SELF-CARE CALENDAR

Simple wellness habits for women

Thirty small prompts for rest, movement, food, boundaries, connection and everyday wellbeing. Start on any day. Skip what does not fit. Repeat what genuinely helps.

How to use this calendar

- Choose one prompt per day - no catching up required.
- Check the box if you tried it. Use the two note lines for anything you noticed.
- At the end, keep only the habits that made daily life feel better.

For general wellness and personal reflection only. This is not medical or mental health advice.

DAYS 1-6

Create a little breathing room

One small action is enough. Check it off, add a quick note, and move on.

DAY 1



Make space

Write down one thing you need less of this month.

MY NOTE

DAY 2



Start hydrated

Have a glass of water with your first meal.

MY NOTE

DAY 3



Walk for ten

Take a 10-minute walk without multitasking.

MY NOTE

DAY 4



Quieter bedtime

Put your phone away 30 minutes before bed.

MY NOTE

DAY 5



Add, don't overhaul

Add a fruit or vegetable to one meal.

MY NOTE

DAY 6



Close one loop

Finish one small task that has been hanging over you.

MY NOTE

DAYS 7-12

Protect your time and attention

One small action is enough. Check it off, add a quick note, and move on.

DAY 7



Do something just because

Choose one enjoyable thing with no productivity goal.

MY NOTE

DAY 8



Protect your capacity

Say 'not today' to one nonessential demand.

MY NOTE

DAY 9



Step outside

Spend 10 minutes outdoors if you can.

MY NOTE

DAY 10



Sit for your meal

Eat one meal without working, driving or scrolling.

MY NOTE

DAY 11



Reach out

Message or call someone you genuinely like talking to.

MY NOTE

DAY 12



Reset one small space

Clear one surface, drawer or corner - then stop.

MY NOTE

Make the routine easier

One small action is enough. Check it off, add a quick note, and move on.

DAY 13



Slow one routine down

Take an unhurried shower, skincare routine or getting-ready break.

MY NOTE

DAY 14



Give sleep more room

Aim for bed about 30 minutes earlier if your schedule allows.

MY NOTE

DAY 15



Edit your calendar

Remove, shorten or move one thing that does not need to happen now.

MY NOTE

DAY 16



Move after sitting

Stretch or move for five minutes after a long sitting period.

MY NOTE

DAY 17



Help tomorrow-you

Prepare one easy food, outfit or item for tomorrow.

MY NOTE

DAY 18



Take a real pause

Have a short break without scrolling or answering messages.

MY NOTE

Lighten the mental load

One small action is enough. Check it off, add a quick note, and move on.

DAY 19



Empty your head

Write down three things taking up mental space.

MY NOTE

DAY 20



Ask for help

Hand off, share or ask for support with one thing.

MY NOTE

DAY 21



Make room for fun

Spend 15 minutes on a hobby, game, book or creative activity.

MY NOTE

DAY 22



Simplify the morning

Set up one thing tonight that makes tomorrow morning easier.

MY NOTE

DAY 23



Change the inner script

Notice one harsh self-thought and rewrite it more fairly.

MY NOTE

DAY 24



Choose an easy snack

Pick a snack with something filling and something fresh.

MY NOTE

Keep what actually helps

One small action is enough. Check it off, add a quick note, and move on.

DAY 25



Move your way

Take a comfortable walk or another movement break you enjoy.

MY NOTE

DAY 26



Create a boundary

Protect one block of time from work or unnecessary messages if possible.

MY NOTE

DAY 27



Reduce future friction

Put one useful item where future-you will actually need it.

MY NOTE

DAY 28



Appreciate function

Write down one thing your body helped you do today.

MY NOTE

DAY 29



Repeat what worked

Choose your favorite habit from this month and do it again.

MY NOTE

DAY 30



Keep only the useful parts

Pick three habits you would genuinely like to carry into next month.

MY NOTE

AFTER DAY 30

What actually worked?

You do not need to keep the whole calendar. Keep the parts that earned a place in your life.

Which habit helped more than you expected?

What felt unrealistic, annoying or unnecessary?

What did you notice about your energy, mood or stress?

Which habit made your day noticeably easier?

What would you like less of next month?

Which three habits are worth carrying forward?

MY 3 KEEPERS

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