

Care Planning Diary

Get the support *you need*
to live a healthier life



Understanding *your care planning diary*

This diary provides you with the perfect start on your self-care journey. It will help you keep track of your physical, mental and emotional health.

Each is as important as the other. So remember to look after all of you.




The format of this diary is intentionally simple so that filling it out doesn't become another daily chore that takes away precious time from your self-care.






Sleep, nutrition and exercise are the cornerstones of wellness.

Lifestyle factors such as physical inactivity, poor sleep and an unhealthy diet are associated with both physical and mental health problems.

Adjusting your lifestyle is one of the best ways to improve your wellbeing.

Each day you can rate *how you are feeling* in these aspects of life by marking the corresponding emotion.

-  - satisfied and feeling good
-  - could be better
-  - not so good today but will be better tomorrow

- Sleep   
- Nutrition   
- Exercise   
- How You Feel Overall   
- Your Own Priority 1   
- Your Own Priority 2   

You also have space to include two areas of life that are a priority to you and you would like to improve.

Remember, improvement is not linear. You may have good days and bad days, but it is important to *keep making progress towards your goals*.

Week

Highlight how you are feeling in each of these areas every day

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Care Planning Diary

Get the support *you need*
to live a healthier life