



## 7-Day Balanced Weight Management Planner

A gentle, holistic guide to nourish your body, mind, and routine



Day [1–7]



### Morning Routine

Wake-up time: \_\_\_\_\_

Hydration (1 glass of water): ☒

Morning movement (stretch, walk, yoga): \_\_\_\_\_

Affirmation of the day: “ \_\_\_\_\_ ”



### Meals & Nutrition

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks (if any): \_\_\_\_\_

Water intake (goal: 8 glasses): \_\_\_\_\_ / 8

Notes on portion control or cravings: \_\_\_\_\_



### Physical Activity

Type of movement: \_\_\_\_\_

Duration: \_\_\_\_\_ minutes

How did it feel? \_\_\_\_\_



### Mindset & Mood Check

Mood rating (1–5): \_\_\_\_\_

Emotional triggers or wins: \_\_\_\_\_

Journaling or reflection: \_\_\_\_\_



### Sleep & Stress

Bedtime: \_\_\_\_\_

Sleep quality (1–5): \_\_\_\_\_

Stress level (1–5): \_\_\_\_\_

Relaxation practice (meditation, breathwork, tea): \_\_\_\_\_



### Progress Snapshot

Energy level today: \_\_\_\_\_

Non-scale victory: \_\_\_\_\_

Notes or adjustments for tomorrow: \_\_\_\_\_



### Weekly Reflection (End of Day 7)



What went well this week?



What can I improve or adjust?



My proudest moment this week:



Goals for next week: