

2027 PLANNER

My Wellness Rhythm

Your body is part of the plan.

DEVICE	CALENDAR	WEEK START
iPad 11-inch / Goodnotes	2027	Sunday

YEAR AT A GLANCE

01 January	02 February	03 March	04 April
05 May	06 June	07 July	08 August
09 September	10 October	11 November	12 December

INCLUDED

12 months - 53 care weeks - 6 care tools - 12 care notes

Sunday start - spacious writing - hyperlinked navigation

WEEK INDEX	THIS WEEK	THIS MONTH	CARE
------------	-----------	------------	------

DEC 27 - JAN 2

Wellness Rhythm

Plan care around real energy, signals, support, and rest.

SUN 27 SUPPORTIVE ACTION E B R	CARE FOCUS
MON 28 SUPPORTIVE ACTION E B R	APPOINTMENTS / NEEDS
TUE 29 SUPPORTIVE ACTION E B R	NOURISHMENT & HYDRATION
WED 30 SUPPORTIVE ACTION E B R	MOVEMENT & MOBILITY
THU 31 SUPPORTIVE ACTION E B R	REST / ASK FOR HELP
FRI 1 SUPPORTIVE ACTION E B R	WEEKLY REFLECTION What supported me?
SAT 2 SUPPORTIVE ACTION E B R	What needs adjusting?

E ENERGY / B BODY / R REST

CARE

Wellness Baseline

A compassionate reference for what helps, what drains, and what support looks like.

WHAT HELPS ME FEEL SUPPORTED

WHAT TENDS TO DRAIN ME

EARLY SIGNALS I NOTICE

PEOPLE / CARE / RESOURCES

REST AND RECOVERY MENU

WHAT I CAN RELEASE

CARE

Care Review

Use what you noticed to make the next season kinder and more workable.

WHAT SUPPORTED ME

WHAT DEPLETED ME

PATTERNS WORTH DISCUSSING

WHAT I WANT MORE / LESS OF

ONE ADJUSTMENT AND ONE REQUEST FOR SUPPORT

NOTES

Care Notes 01

Keep observations, questions, and the next conversation in one calm place.

DATE / CONTEXT

PERSON / APPOINTMENT

CUES / OBSERVATIONS	NOTES

SUPPORT / NEXT CONVERSATION