

BMCARE Services

Moments of Calm Collection

30 Day Premium Self■Care Planner

Daily wellness • calming routines • gratitude • healthy habits • mindfulness

A calming printable planner designed to help you relax, recharge, and build healthier habits over the next 30 days.

“Small daily moments of calm can change everything.”

Monthly Wellness Vision

How I want to feel this month	
Healthy habits to build	
Things to let go of	
Relaxation activities I want more of	

Today's Mood	
Today's Intention	
Water Intake	
Movement / Exercise	
Healthy Meals	
What helped me feel calm today?	
Three things I am grateful for	
Evening Reflection	

Today's Mood	
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Daily Calm Reminder • Day 20

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Water Intake	
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Daily Calm Reminder • Day 23

Today's Mood	
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Water Intake	
Movement / Exercise	
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30 Day Reflection & Reset

What improved this month?	
What helped me relax most?	
Healthy habits I want to continue	
What I am proud of	
Goals for next month	

Created by BMCARE Services • Moments of Calm