

Wellness-Balanced Daily Planner

Study hard, but don't skip the basics.

Name: _____ Date: _____

Study Tasks Today

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Water Tracker

Mood Check-In

LowHigh

Energy Level

LowHigh

One thing I'm grateful for today: _____

Breaks taken (tally): _____

"Small consistent effort beats last-minute cramming."

Hours of sleep last night: _____ Bedtime tonight: _____

Tomorrow's Intention