



WEEKLY MENTAL HEALTH *planner*

DRINK ENOUGH WATER

BRUSH TEETH AT LEAST TWICE A DAY

EAT THREE HEALTHY MEALS

GO OUT FOR FRESH AIR

DO SOME YOGA

TALK TO FAMILY AND FRIENDS

ACTIVE ACTIVITY FOR 30 MINUTES

LOG OFF GADGETS 30 MINUTES BEFORE BED

AT LEAST 8 HOURS SLEEP

OTHER

OTHER

SUN

A 10x7 grid of circles. The circles are arranged in 10 rows and 7 columns. The color of the circles transitions from a deep purple on the left to a teal on the right, with a smooth gradient across the entire grid. Each circle is outlined in a dark color.

Mental Health Planner

Mark Steyvers



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