

WELLNESS JOURNAL

Welcome, Mama.

You made space for new life - now it's time to make space for you.

Motherhood is beautiful... and intense. Between feedings, diapers, sleep (or lack of it), and everything else - finding a moment to breathe, let alone move your body or track your wellness, can feel impossible. But here's the gentle truth: you matter. Your energy, your strength, your mood - it's all part of the beautiful ecosystem that your little one is growing up in. And that's where this planner comes in.

This isn't about "bouncing back."

It's about slowly, compassionately reconnecting with your body, your habits, and your confidence — one page at a time. Whether you're new to digital planners or have used them for years, this lite version is a perfect way to ease into a fitness and wellness rhythm that works with your life right now. Inside, you'll find simple, clean layouts to help you:

- Gently set movement and self-care goals
- Track your energy, mood, and routines
- Reflect on your wins (yes, even the small ones!)

You'll also notice that a few pages are softly blurred — those belong to the full version, available anytime you're ready for more structure and support. Consider this your cozy preview.

Need help getting started?

Check your download folder — we've included a super-simple Instruction Manual to walk you through uploading the planner to your favorite app (like Goodnotes, Notability, Noteshelf), navigating the hyperlinks, and making the most of each page.

You don't have to do it all.

You just have to begin.
We're cheering you on, one small step at a time.

— The Bewely Team

Let's Stay Connected!

For more gentle wellness tips, postpartum support, and sneak peeks into our planners

bewelyshop *bewely.com* *bewelyshop* *bewelyshop*

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MONTHLY PLANNER

PLANNER

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

REFLECTION

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

STEP TRACKER

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

RUNNING TRACKER

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

INTERMITTENT FASTING

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

SELF-CARE & HABITS

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

VISION BOARD

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

WEEKLY PLANNER

PLANNER

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

WORKOUT PLANNER

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

MEAL PLANNER

01	02	03	04	05	06	07	08	09
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23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

GROCERY LIST

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

VITAMINS & MEDS

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

NOTES

STICKERS

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The Journey Doesn't Stop Here

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But this is just the beginning.

What if this little planner moment became **your daily reset button?**

What if you had a space – every day – to reconnect with yourself, track your growth, and feel supported through all the ups, downs, and diaper changes?

The full Fitness & Wellness Planner was made for exactly that:

To be your calm corner in the chaos.

To bring a little structure without pressure.

To help you keep showing up – not perfectly, just consistently.

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MONTHLY PLANNER | PLANNER REFLECTION

GOAL & FOCUS

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

NOTES

WEEK 01	1	2	3	4	5	6	7
WEEK 02	8	9	10	11	12	13	14
WEEK 03	15	16	17	18	19	20	21
WEEK 04	22	23	24	25	26	27	28
WEEK 05	29	30	31				

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FIRST DAY OF THE MONTH

Weight | % body fat

Muscle | BMI

Chest | Waist | Hips

Right arm | Left arm

Right thigh | Left thigh

Right calf | Left calf

LAST DAY OF THE MONTH

Weight | % body fat

Muscle | BMI

Chest | Waist | Hips

Right arm | Left arm

Right thigh | Left thigh

Right calf | Left calf

CHALLENGES & OBSTACLES

WHAT WENT WELL

AREAS FOR IMPROVEMENT

BENCHMARK EXERCISES

EXERCISE	REPS	WEIGHT

NOTES

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MONTHLY PLANNER | SELF-CARE & HABITS

HABITS

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

MOOD

MOOD	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Happy																															
Calm																															
Productive																															
Stressed																															
Anxious																															
Sad																															

SLEEP

HOURS SLEPT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1 hour																															
2-4 hours																															
5-6 hour																															
7-8 hours																															
9-10 hours																															

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WEEK 1

1 DAY 1 ☐ CARDIO ☐ STRENGTH ☐ OTHER

CALORIES IN CALORIES OUT WATER

2 DAY 2 ☐ CARDIO ☐ STRENGTH ☐ OTHER

CALORIES IN CALORIES OUT WATER

3 DAY 3 ☐ CARDIO ☐ STRENGTH ☐ OTHER

CALORIES IN CALORIES OUT WATER

4 DAY 4 ☐ CARDIO ☐ STRENGTH ☐ OTHER

CALORIES IN CALORIES OUT WATER

5 DAY 5 ☐ CARDIO ☐ STRENGTH ☐ OTHER

CALORIES IN CALORIES OUT WATER

6 DAY 6 ☐ CARDIO ☐ STRENGTH ☐ OTHER

CALORIES IN CALORIES OUT WATER

7 DAY 7 ☐ CARDIO ☐ STRENGTH ☐ OTHER

CALORIES IN CALORIES OUT WATER

OVERVIEW

Weight

Weight lost

BMI

Body fat rate

Goal

SELF-CARE

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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WEEK 1 | MEAL PLANNER

BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	

CALORIES DAILY GOAL

NOTES & REWARD

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WEEK 1 | GROCERY LIST

W1 W2 W3 W4 W5 W6 W7 W8 W9 W10 W11 W12

MONTHLY PLANNER
COOKBOOK
CHALLENGES

FRESH PRODUCE

PROTEINS

FROZEN FOODS

DAIRY & EGGS

BAKERY & BREAD

OTHER

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VITAMINS & SUPPLEMENTS

NAME & DETAILS	DOSAGE	TIME							

MEDICATIONS

NAME & DETAILS	DOSAGE	TIME							

NOTES

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DAY 1

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				



32 oz / 1 liter | 64 oz / 2 liters | 96 oz / 3 liters

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

MONTHLY PLANNER
COOKBOOK
CHALLENGES

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DAY 2

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK							
01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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DAY 3

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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DAY 4

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

MONTHLY PLANNER

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DAY 5

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

MONTHLY PLANNER

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CHALLENGES

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DAY 6

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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DAY 7

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				



32 oz / 1 liter | 64 oz / 2 liters | 96 oz / 3 liters

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

MONTHLY PLANNER
COOKBOOK
CHALLENGES

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COOKBOOK

NO	RECIPE	RATING	NOTES
1		☆ ☆ ☆ ☆ ☆	
2		☆ ☆ ☆ ☆ ☆	
3		☆ ☆ ☆ ☆ ☆	
4		☆ ☆ ☆ ☆ ☆	
5		☆ ☆ ☆ ☆ ☆	
6		☆ ☆ ☆ ☆ ☆	
7		☆ ☆ ☆ ☆ ☆	
8		☆ ☆ ☆ ☆ ☆	
9		☆ ☆ ☆ ☆ ☆	
10		☆ ☆ ☆ ☆ ☆	
11		☆ ☆ ☆ ☆ ☆	
12		☆ ☆ ☆ ☆ ☆	
13		☆ ☆ ☆ ☆ ☆	
14		☆ ☆ ☆ ☆ ☆	
15		☆ ☆ ☆ ☆ ☆	
16		☆ ☆ ☆ ☆ ☆	
17		☆ ☆ ☆ ☆ ☆	
18		☆ ☆ ☆ ☆ ☆	
19		☆ ☆ ☆ ☆ ☆	
20		☆ ☆ ☆ ☆ ☆	

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Servings Calories

Prep time Cook time

Protein Fat Carbs

Difficulty ○ ○ ○ ○ ○ Rating ☆ ☆ ☆ ☆ ☆

INGREDIENTS

DIRECTIONS

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CHALLENGES

- 7 DAYS CHALLENGE
- 30 DAYS CHALLENGE
- 52 WEEKS CHALLENGE
- YEAR CHALLENGE

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7 DAYS CHALLENGE | _____ - _____

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

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BLOOD SUGAR TRACKER	BODY MEASUREMENTS LOG	WEIGHT LIFTING LOG
FITNESS JOURNEY	FOOD JOURNAL	CALORIES TRACKER
MEMBERSHIPS	EXPENSES	GRATITUDE JOURNAL
WHEEL OF LIFE	GROCERY LIST	WISHLIST

NOTES

PLAIN

DOTTED

LINED

CHECKERED

TABLE

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The Journey Doesn't Stop Here

You've taken the first step - and that's everything. Even carving out a few quiet minutes for yourself is a powerful act of self-care in this season of life.

But this is just the beginning.

What if this little planner moment became **your daily reset button?**

What if you had a space – every day – to reconnect with yourself, track your growth, and feel supported through all the ups, downs, and diaper changes?

The full Fitness & Wellness Planner was made for exactly that:

To be your calm corner in the chaos.

To bring a little structure without pressure.

To help you keep showing up – not perfectly, just consistently.

Ready to go deeper on this journey?

Get The Full Planner

You've got this – and we've got you!

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STICKERS

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Loved this sneak peek? There's so much more waiting for you.

You've just scratched the surface of what's possible on your wellness journey. The full Fitness & Wellness Planner was designed with you in mind - to make your year feel a little more supported, structured, and kind to your postpartum body and mind.

What's inside the full version?

You'll unlock the entire year experience, including:

- Dated monthly pages for the full year
- Step & Running Trackers to celebrate progress
- Intermittent Fasting Logs to tune into your body
- A 60-Recipe Mini Cookbook to fuel you with ease
- Weekly, Monthly and Yearly Challenges to spark motivation
- Notes templates just for you
- 21 Bonus Templates including:
  - Weight Tracker
  - Hydration Tracker
  - Symptom & Mood Tracker
  - Gratitude Journal

  ... and much more!

Ready to make this your year of gentle consistency?

Get The Full Planner

You're doing amazing, mama. And we'd love to walk beside you every step of the way.

— With love,
The Bewely Team

Let's Stay Connected!

For more gentle wellness tips, postpartum support, and sneak peeks into our planners

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