well-ish woman.

YOUR FREE PLANNING TOOL / PRINTABLE COMPANION

My 7-Day Plan

One focus. Seven practical days.

Use this fillable worksheet alongside the online tool, or make your own plan on these pages. The online version uses five questions to suggest actions; this PDF is a blank planning companion.

1. Answer the questions about your routine.
2. Choose a small action and an easier version.
3. Try it, notice what helps and review after seven days.

Open the interactive tool

To type here, download and open in a PDF reader that supports forms. Save your completed copy. You can also print and write by hand.

General habit-building support, not personalised medical or nutritional care.

FIVE QUESTIONS / SHORT ANSWERS ARE ENOUGH

Your starting point

What would you like to make easier?

Meals, evenings, movement or consistency.

What usually gets in the way?

Describe one ordinary moment.

On how many days did this happen last week?

None, 1-2, 3-4 or 5-7 days.

How much time could you comfortably set aside?

2, 5, 10 or 15 minutes for a supporting step.

What kind of first step feels doable?

Prepare, try a tiny version, link it to a routine, or observe.

ONE ACTION / A REALISTIC OPPORTUNITY

Make your plan fit

My focus for the next seven days

My small action

When and where I will try it

My easier version for a difficult day

How many days I will practise, and what support I need

NOTICE / TRY / ADJUST

Your seven-day practice

Day 1 / Choose — Pick your one small action.

Day 2 / Prepare — Make the next attempt easier.

Day 3 / Try — Use a realistic opportunity.

Day 4 / Notice — What helped or got in the way?

Day 5 / Adapt — Try your easier version if needed.

Day 6 / Repeat or pause — Follow your plan; no perfect streak required.

Day 7 / Review — Choose what to keep next week.

YOUR NEXT STEP

Keep what works

What worked in my real life?

What would make my action easier?

What will I continue next week?

Want more practical support?

Explore the WellishWoman 4-Week Reset for recipes, movement guidance and everyday habit tools.

Explore the programme