

The Routine Edit

Monthly Wellness Planner

Month: May 2026	Focus: Balance, glow, and gentle routines	Main goal: Consistency over perfection
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May Wellness Schedule

[DOWNLOAD PLANNER](#)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Mask Monday	2 Read 10 pages	3 Yoga Flow	4	5 Digital Detox	6 Nature Walk	7 Meal Prep
8	9 Therapy	10	11 Pilates	12	13 Farmers Market	14 Sunday Reset
15	16 Deep Journaling	17	18	19 Bath Night	20	21
22	23	24	25 Exfoliate	26	27	28 Month Review

Use this aesthetic calendar to schedule your self-care non-negotiables.