(Daily)

SELF-CARE

DATE ____ /____ /____

S M T W T F S

- ◯ MAKE YOUR BED
- ◯ TAKE YOUR MEDICATIONS & VITAMINS
- ◯ WASH YOUR FACE
- ◯ BALANCED MEAL
- ◯ GO FOR A WALK
- ◯ CLEAN UP
- ◯ WASHING CLOTHES
- ◯ LISTEN TO MUSIC
- ◯ HAVE A POWER NAP
- ◯ SOCIAL MEDIA BREAK
- ◯ TAKE A LONG BATH
- ◯ DO A FACE MASK
- ◯ CALL A FRIEND OR FAMILY
- ◯ MEDITATION
- ◯ WATCH A MOVIE
- ◯ CUDDLE A PET OR HUMAN
- ◯ TRY A NEW RESTAURANT
- ◯ MAKE TIME TO READ
- ◯ TRY A NEW RECIPE
- ◯ NO PHONE 1 HOUR BEFORE BED

30 MIN MOVEMENT

- ◯ CARDIO
- ◯ WEIGHT
- ◯ YOGA
- ◯ STRETCH
- ◯ REST DAY
- ◯ OTHER

HOURS OF SLEEP (Hours)

1 2 3 4 5 6 7 8+

WATER BALANCE (Glasses)

1 2 3 4 5 6 7 8

ONE SMALL ACT OF KINDNESS:

SOMETHING I FEEL GREATFUL FOR:

FEELS (We often feel more than one at a time)

HAPPY SAD EXCITED ANGER FEAR DISGUST