

(D A I L Y)

DATE ____ / ____ / ____

SELF-CARE

S M T W T F S

C H E C K L I S T

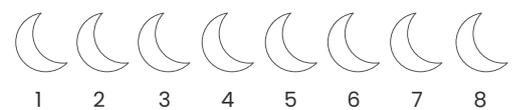


- BE GRATEFUL FOR WHAT YOU HAVE
- TAKE YOUR MEDICATIONS & VITAMINS
- SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEANING HOUSE
- WASHING CLOTHES
- BE IN NATURE
- HAVE A POWER NAP
- SOCIAL MEDIA BREAK
- TAKE A LONG BATH
- DO A FACE MASK
- CALL A FRIEND OR FAMILY
- MEDITATION
- WATCH A MOVIE
- HAVE A DEEP CONVERSATION
- EXCERSISE FOR 30 MIN
- MAKE TIME TO READ
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

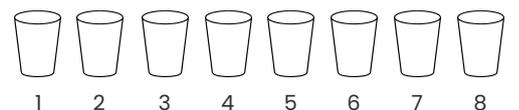
WORKOUT

- CARDIO WEIGHT YOGA
- STRETCH REST DAY OTHER

HOURS OF SLEEP (HOURS)



WATER BALANCE (GLASS)



THINGS THAT MAKE MY HEART WARM



MOOD

