

Daily

DATE ___ / ___ / ___

SELF-CARE

S M T W T F S

C H E C K L I S T

P H Y S I C A L

- MADE MY BED
- TOOK MY MEDICATIONS & VITAMINS
- HYGIENE (SHOWER, TEETH, LOTION, ETC.)
- MOVED MY BODY FOR 15+ MIN
- DID DEEP BREATHING FOR 5+ MIN
- ATE 3 HEALTHY FOODS
- DE-CLUTTERED/ORGANIZED MY SPACE
- RESTED WHEN I NEEDED IT
- NO SCREENS 1 HR BEFORE BED
- OTHER (WRITE BELOW)

M E N T A L

- FACED MY ANXIETY HEAD ON
- LAUGHED FOR 5+ MIN
- NOURISHED MY INNER CHILD WITH PLAY
- AVOIDED PUTTING MYSELF DOWN
- HUGGED A HUMAN OR FUR BABY TODAY
- PRAYED/MEDITATED FOR 5+ MIN
- MADE TIME FOR SELF-REFLECTION
- PLANNED SOMETHING FUN TO DO
- TOLD SOMEONE HOW I'M FEELING
- AVOIDED PUTTING MYSELF DOWN

ACTIVITY

- CARDIO
- WEIGHTS
- YOGA
- STRETCH
- REST DAY
- OTHER

HOURS OF SLEEP



GLASSES OF WATER (8 OZ.)



THINGS I'M
GRATEFUL
FOR TODAY
TODAY

MOOD



Self-Care Weekly Planner

MONDAY

Date: _____

- _____
- _____
- _____
- _____

TUESDAY

Date: _____

- _____
- _____
- _____
- _____

WEDNESDAY

Date: _____

- _____
- _____
- _____
- _____

THURSDAY

Date: _____

- _____
- _____
- _____
- _____

FRIDAY

Date: _____

- _____
- _____
- _____
- _____

SATURDAY

Date: _____

- _____
- _____
- _____
- _____

SUNDAY

Date: _____

- _____
- _____
- _____
- _____

PRIORITIES

- _____
- _____
- _____
- _____
- _____

REMINDERS

NEXT WEEK

- _____
- _____
- _____
- _____
- _____

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

