

(Daily/Weekly)

SELF-CARE

DATE ____ / ____ / ____

S M T W T F S

C H E C K L I S T

- MAKE YOUR BED
- TAKE YOUR MEDICATIONS &
- VITAMINS SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEANING HOUSE
- 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 30 MINS BEFORE BED

WORKOUT

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

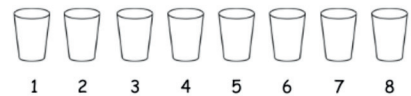


THINGS THAT
MAKE ME
HAPPY TODAY

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



