

Self-Care

CHECKLIST

Month: _____

Week: _____

TASKS	Su	Mo	Tu	We	Th	Fr	Sa
Have 8 hours of Sleep							
Drink 8 glasses of water or more							
3 healthy meals							
Wear Sunblock							
Talk to a Friend or a Family Member							
Listen music							
Read for 30 minutes							
30 minute workout							
Brush Teeth at least 2 times							
Night time skin care							
Go to bed before 11PM							

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