

# (Daily) SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S M T W T F S

## C H E C K L I S T

- MAKE BED
- TAKE MEDICATIONS & VITAMINS
- SKIN CARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEAN HOUSE
- WASH CLOTHES
- LISTEN TO MUSIC
- HAVE A POWER NAP
- TAKE A 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
- GET SOME SUNSHINE
- MAKE TIME TO READ
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

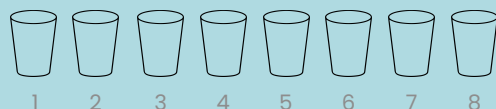
### WORKOUT

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

### HOURS OF SLEEP (Hours)



### WATER BALANCE (Glass)



THINGS THAT  
MAKE ME  
HAPPY TODAY:



### MOOD

