

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

# SELF-CARE

S M T W T F S

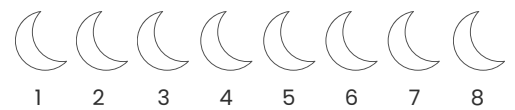
## DAILY CHECKLIST

- |   |   |
|---|---|
| <input type="checkbox"/> MAKE YOUR BED                    | <input type="checkbox"/> TAKE A BATH / SHOWER             |
| <input type="checkbox"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="checkbox"/> MAKE A HEALTHY MEAL              |
| <input type="checkbox"/> HAVE A WASH                      | <input type="checkbox"/> CALL OR VISIT A FRIEND OR FAMILY |
| <input type="checkbox"/> EAT BREAKFAST                    | <input type="checkbox"/> MEDITATION / MINDFULNESS         |
| <input type="checkbox"/> GO FOR A WALK                    | <input type="checkbox"/> WATCH A MOVIE                    |
| <input type="checkbox"/> CLEANING HOUSE                   | <input type="checkbox"/> CUDDLE A PET OR HUMAN            |
| <input type="checkbox"/> WASHING CLOTHES                  | <input type="checkbox"/> GO FOR A COFFEE                  |
| <input type="checkbox"/> LISTEN TO MUSIC                  | <input type="checkbox"/> READ A BOOK                      |
| <input type="checkbox"/> HAVE A POWER NAP                 | <input type="checkbox"/> DO SOME BAKING                   |
| <input type="checkbox"/> SOCIAL MEDIA BREAK               | <input type="checkbox"/> NO PHONE 30 MINS BEFORE BED      |

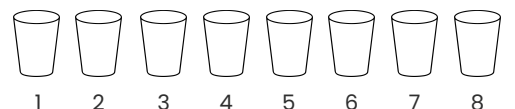
### WORKOUT

- |                                  |                                   |                                |
|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> CARDIO  | <input type="checkbox"/> WEIGHT   | <input type="checkbox"/> YOGA  |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> REST DAY | <input type="checkbox"/> OTHER |

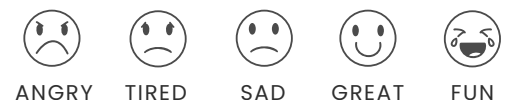
### HOURS OF SLEEP (Hours)



### WATER BALANCE (Glass)



### MOOD



THINGS THAT  
MAKE ME  
HAPPY TODAY

