

(Daily)

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

# SELF-CARE

S M T W T F S

## CHECKLIST

- MAKE YOUR BED
- TAKE A LONG BATH
- TAKE YOUR MEDICATIONS & VITAMINS
- DO A FACE MASK
- SKINCARE ROUTINE
- CALL A FRIEND OR FAMILY
- HEALTHY MEALS
- MEDITATION
- GO FOR A WALK
- WATCH A MOVIE
- CLEANING HOUSE
- CUDDLE A PET OR HUMAN
- WASHING CLOTHES
- TRY A NEW RESTAURANT
- LISTEN TO MUSIC
- MAKE TIME TO READ
- HAVE A POWER NAP
- TRY A NEW RECIPE
- SOCIAL MEDIA BREAK
- 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

