

(Daily) SELF-CARE

DATE ____ / ____ / ____

S M T W T F S

CHECKLIST

- ☐ CLEAN/ORGANIZE ROOM
- ☐ SPEND TIME WITH LOVED ONES
- ☐ RECITE A POSITIVE MANTRA
- ☐ EAT A HEALTHY MEAL
- ☐ SPEND TIME OUTSIDE
- ☐ GRAB YOUR FAVORITE SNACK
- ☐ TAKE RELAXING BATH/SHOWER
- ☐ LISTEN TO MUSIC
- ☐ HAVE A POWER NAP
- ☐ SELF-CARE OF YOUR CHOICE
- ☐ NO PHONE 30 MINS BEFORE BED
- ☐ EXERCISE/STRETCH
- ☐ CALL A FRIEND OR FAMILY MEMBER
- ☐ PRACTICE DEEP BREATHING
- ☐ WATCH A MOVIE OR SHOW
- ☐ CUDDLE A PET OR STUFFED ANIMAL
- ☐ DO SOMETHING CREATIVE
- ☐ SPEND TIME READING
- ☐ SOCIAL MEDIA BREAK
- ☐ SELF-CARE OF YOUR CHOICE

WORKOUT

- ☐ CARDIO
- ☐ WEIGHTS
- ☐ YOGA
- ☐ STRETCH
- ☐ REST DAY
- ☐ OTHER

THINGS THAT I AM GRATEFUL FOR

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD

