

(Daily) SELF-CARE

DATE ____ / ____ / ____

S M T W T F S

C H E C K L I S T

- | | |
|---|--|
| ☐ 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

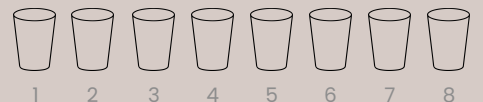
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|----------------------------------|-----------------------------------|--------------------------------|
| ☐ CARDIO | ☐ WEIGHT | ☐ YOGA |
| ☐ STRETCH | ☐ REST DAY | ☐ OTHER |

THINGS THAT
MAKE ME
HAPPY TODAY

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



OWN
YOUR GROWTH