

Daily *Self-Care*

DATE ____ / ____ / ____

S M T W T F S

C H E C K L I S T

- MAKE YOUR BED
- TAKE YOUR MEDICATIONS & VITAMINS
- SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEANING HOUSE
- WASHING CLOTHES
- LISTEN TO MUSIC
- HAVE A POWER NAP
- 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
- TRY A NEW RESTAURANT
- MAKE TIME TO READ
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

WORKOUT

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

THINGS THAT MAKE ME
HAPPY TODAY

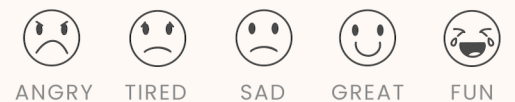
HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



Self-Care WEEKLY CHECKLIST

Week: _____

Month: _____

Habits	S	M	T	W	T	F	S
Sleep for 7-8 hours							
Drink 8 glasses of water							
Wake up at 5 AM							
Night skincare routine							
Had some exercise							
Eat healthy meals							
Catch up with friends							
Walk outside for 10 mins							
Write a journal							
Meditation before sleep							
Listen to a podcast							