

(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
- CHECK THE SCHEDULE/CALENDAR
- CONSISTENTLY NOURISH YOUR BODY
- MOVE YOUR BODY IN WAYS THAT FEEL GOOD
- COMPLETE A HOUSEHOLD CHORE
- RECIPE PLAN OR MEAL PREP
- LISTEN TO MUSIC
- PRACTICE DEEP BREATHING
- SOCIAL MEDIA CLEAN-UP
- REFLECT ON PERSONAL NEEDS
- PLAN FOR A "RAINY DAY"
- CONNECT WITH SOMEONE (CALL/VISIT)
- MEDITATION
- PAY A BILL OR SET A REMINDER
- CUDDLE A PET OR HUMAN
- TRY SOMETHING NEW
- MAKE TIME TO READ/DO SOMETHING CREATIVE
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

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MOVEMENT

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

THINGS THAT
MAKE ME
HAPPY TODAY

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD

