

# Self Care Tracker

## Morning Routine

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

M      T      W      T      F      S      S



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## Afternoon Routine

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

M      T      W      T      F      S      S



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## Night Routine

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

M      T      W      T      F      S      S

