

(DAILY)

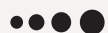
DATE: ____/____/____
S M T W T F S

SELF-CARE CHECKLIST

"Self-care is never selfish"

- ☐ Make your bed
- ☐ Take your Vitamins
- ☐ Skincare Routine
- ☐ Go for a walk
- ☐ Listen to music
- ☐ Power Nap

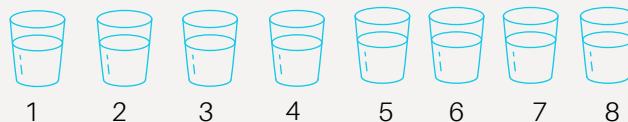
- ☐ Read book
- ☐ Hydrate
- ☐ Call friends
- ☐ No phone 20 min
- ☐ Social media break
- ☐ Read a Book



**My Favorite
Moment Today**



Water Intake: (Glass)



Sleep



Something I'm Proud of

Positive Affirmations

I'm Grateful For

Mood:

☐ Angry

☐ Tired

☐ Sad

☐ Happy

☐ Fun

(DAILY)

DATE: ____/____/____
S M T W T F S

SELF-CARE CHECKLIST

"Self-care is never selfish"

☐ _____

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●●●●●
**My Favorite
Moment Today**

●●●●●
Water Intake: (Glass)

1 2 3 4 5 6 7 8

Hours of Sleep

1 2 3 4 5 6 7 8

Something I'm Proud of

Positive Affirmations

I'm Grateful For

Mood:

☐ **Angry** ☐ **Tired** ☐ **Sad** ☐ **Happy** ☐ **Fun**

Habit Tracker

"Our habits shape who we are."

Date ____/____/____ - ____/____/____

Exercise for 30 minutes
Read (at least 15 pages)
10,000 steps a day
Take Vitamins
8 glasses of water

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Habit Tracker

"Our habits shape who we are."

Date ____/____/____ - ____/____/____

A circular habit tracker grid with a pink flower in the center. The grid is divided into 31 numbered segments (1-31) around the perimeter. Each segment contains a 4x4 grid of smaller squares for tracking habits.