

# ( 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 SUPPLEMENTS
- ☐ SKINCARE ROUTINE
- ☐ MEAL PREPPING
- ☐ GO FOR A WALK
- ☐ CLEANING HOUSE
- ☐ OUTFITS FOR THE WEEK
- ☐ LISTEN TO MUSIC
- ☐ HAVE A POWER NAP
- ☐ SOCIAL MEDIA BREAK
- ☐ TAKE A LONG BATH OR FOOT SOAK
- ☐ DO A FACE MASK
- ☐ CALL A FRIEND OR FAMILY
- ☐ MEDITATION
- ☐ WATCH A MOVIE
- ☐ CUDDLE UP
- ☐ TRY A NEW ACTIVITY
- ☐ MAKE TIME TO READ
- ☐ HAVE A TREAT 80/20 RULE
- ☐ NO PHONE 1HR (WAKING/SLEEPING)

### WORKOUT

- ☐ CARDIO
- ☐ STRENGTH
- ☐ YOGA
- ☐ LOW IMPACT
- ☐ REST DAY
- ☐ OTHER

THINGS THAT I'M GRATEFUL FOR  
TODAY...

### HOURS OF SLEEP ( Hours )



### HYDRATION ( Glass )



### MOOD

