



Daily

Self-Care

DATE ____ / ____ / ____

S M T W T F S

C H E C K L I S T

- MAKE YOUR BED
- TAKE A LONG BATH
- TAKE YOUR MEDICATIONS & VITAMINS
- DO A FACE MASK
- SKINCARE ROUTINE
- CALL A FRIEND OR FAMILY
- HEALTHY MEALS
- MEDITATE
- GO FOR A WALK
- WATCH A MOVIE
- CLEAN HOUSE
- CUDDLE A PET OR HUMAN
- WASH CLOTHES
- TRY A NEW RESTAURANT
- LISTEN TO MUSIC
- MAKE TIME TO READ
- HAVE A POWER NAP
- TRY A NEW RECIPE
- SOCIAL MEDIA BREAK
- NO PHONE 30 MINS BEFORE BED
- JOURNAL
- SPIRITUAL CHECK-IN

WORKOUT

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

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



THINGS THAT
MAKE ME
HAPPY TODAY

MOOD

