

SELF-CARE

Daily Tracker

DATE ___ / ___ / ___

S M T W T F S

WHICH OF THESE DID YOU DO FOR YOURSELF TODAY?

- | | |
|--|---|
| <input type="radio"/> MAKE YOUR BED | <input type="radio"/> TAKE A LONG BATH |
| <input type="radio"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="radio"/> EMOTIONAL REGULATION |
| <input type="radio"/> SKINCARE ROUTINE | <input type="radio"/> CALL A FRIEND/FAMILY MEMBER |
| <input type="radio"/> HEALTHY MEALS | <input type="radio"/> MEDITATION |
| <input type="radio"/> GO FOR A WALK | <input type="radio"/> BREATHWORK |
| <input type="radio"/> CLEANING HOUSE | <input type="radio"/> CUDDLE A PET OR HUMAN |
| <input type="radio"/> INNER CHILD OR FORGIVENESS WORK | <input type="radio"/> USED MY GENTLE LIVING TOOLBOX |
| <input type="radio"/> LISTEN TO MUSIC | <input type="radio"/> MAKE TIME TO READ |
| <input type="radio"/> DELEGATE A TASK | <input type="radio"/> RELEASED TRAPPED EMOTIONS |
| <input type="radio"/> SOCIAL MEDIA BREAK | <input type="radio"/> NO PHONE 30 MINS BEFORE BED |
| <input type="radio"/> OTHER: <input type="text"/> | <input type="radio"/> OTHER: <input type="text"/> |

BODY MOVEMENT

- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| <input type="radio"/> CARDIO | <input type="radio"/> WEIGHTS | <input type="radio"/> YOGA |
| <input type="radio"/> STRETCH | <input type="radio"/> REST DAY | <input type="radio"/> OTHER |
| <input type="radio"/> TAI CHI | <input type="radio"/> WALK | <input type="radio"/> DANCE |

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



THINGS THAT MADE ME

happy

MOOD

