

Date: \_\_\_\_\_

S M T W T F S

# Self Care

\* *checklist*

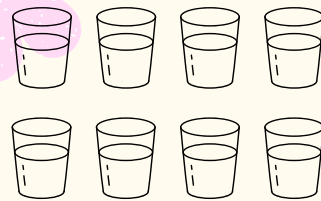
- ☐ Drink water
- ☐ Take a long bath
- ☐ Go for walk
- ☐ Listen to music
- ☐ Do skincare routine
- ☐ Read a book
- ☐ Take a short nap
- ☐ Try a new recipe
- ☐ Engage in a hobby
- ☐ Do simple workout
- ☐ Watch a movie
- ☐ Cleaning house
- ☐ Social media break
- ☐ Self affirmation

## Exercise

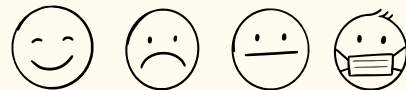
Minutes \_\_\_\_\_

Steps \_\_\_\_\_

## Water intake



## Mood



## Today's Goal

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## Notes

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