

SELF-CARE PLANNER

Taking care of yourself is productive.









Checklist 1:

Make your bed	<input type="checkbox"/>
Take your Vitamins	<input type="checkbox"/>
Listen to music	<input type="checkbox"/>
Read book	<input type="checkbox"/>
Go for a walk	<input type="checkbox"/>
Grateful for something	<input type="checkbox"/>







Checklist 2:

Social media break	<input type="checkbox"/>
Hydrate	<input type="checkbox"/>
Call a friend	<input type="checkbox"/>
Take a bath	<input type="checkbox"/>
Go for a coffee friend date	<input type="checkbox"/>
No phone 20 min	<input type="checkbox"/>

Water Intake: (Glass)

							
1	2	3	4	5	6	7	8

Hours of sleep: (Hours)

							
1	2	3	4	5	6	7	8

Meal Tracker:

Breakfast	Lunch	Dinner
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Mood: ☐ Angry ☐ Tired ☐ Sad ☐ Happy ☐ Fun