



# SELF-CARE CHECKLIST!



Week of: \_\_\_\_\_

Month: \_\_\_\_\_

Habits	S	M	T	W	T	F	S
Sleep for 7-8 hours	✓						
Drink 8 glasses of water							
Wake up at 5 AM							
Night skincare routine							
Had some exercise							
Eat healthy meals							
Catch up with friends							
Walk outside for 10 mins							
Write a journal							
Meditation before sleep							
Listen to a podcast							