

SELF-CARE CHECKLIST

WEEK OF: _____

MONTH: _____

HABITS	S	M	T	W	T	F	S
Sleep for 7-8 hours	✓						
Drink 8 glasses of water							
Take a shower							
Go to bed at a consistent time							
Move my body for 15 minutes							
Eat at least one balanced meal today							
Text or call someone you care about							
Move your body for 5-10 minutes							
Tidy one small area (desk, nightstand, sink)							
Say one kind thing to yourself out loud							
Do one hobby or creative activity you enjoy							

