

Weekly Self Care Checklist

Tasks	S	M	T	W	T	F	S
Got Enough Sleep	☐	☐	☐	☐	☐	☐	☐
Got Out of Bed on Time	☐	☐	☐	☐	☐	☐	☐
Cleansed My Skin	☐	☐	☐	☐	☐	☐	☐
Completed My Dental Routine	☐	☐	☐	☐	☐	☐	☐
Taken Medication/Vitamins	☐	☐	☐	☐	☐	☐	☐
Spent Time Outside of the Bedroom	☐	☐	☐	☐	☐	☐	☐
Had Some Exercise	☐	☐	☐	☐	☐	☐	☐
Had a Snack or Two	☐	☐	☐	☐	☐	☐	☐
Connect with friends	☐	☐	☐	☐	☐	☐	☐
Spent Time Outdoors	☐	☐	☐	☐	☐	☐	☐
Had Water Throughout the Day	☐	☐	☐	☐	☐	☐	☐
Had Nourishing Meals for Breakfast, Lunch & Dinner	☐	☐	☐	☐	☐	☐	☐
Taken Some Deep Breathes	☐	☐	☐	☐	☐	☐	☐
Taken a Shower	☐	☐	☐	☐	☐	☐	☐
Meditate & Relax	☐	☐	☐	☐	☐	☐	☐
Other	☐	☐	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐	☐	☐