SELF-CARE CHECKLIST

Date

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My sleep last night was

Approx. hours _____

Get up time _____

Cups of water

Eye exercises

Day to do list

- Brush teeth and wash face
- Eat breakfast and lunch
- Move my body or take a walk
- Get done work tasks
- Open a window and get fresh air
- Time off screens

Evening to do list

- Read 20 pages of a book
- Write to my journal
- Meditate for 10 minutes
- Workout for 30 minutes
- Brush teeth and wash face
- Take a shower

How I was feeling today