

Daily Self Care Tracker

Physical Self Care	MON	TUE	WED	THU	FRI	SAT	SUN
At least 7 hours of sleep							
Eat 2 cups of fruits/veg							
Drink 8 cups of water							
Exercise 30 mins, 3x per week							
Complete skin care routine							
Go out for fresh air and sun							
Do breathing exercises							
Mental Self Care	MON	TUE	WED	THU	FRI	SAT	SUN
Gather my thoughts							
Meditate for at least 5 mins							
Read for 15 mins							
No screen time for an hour							
Recite positive affirmations							
Try something new; anything!							
Emotional Self Care	MON	TUE	WED	THU	FRI	SAT	SUN
Express gratitude							
Do something to destress							
Check my mood							
Me-Time							

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<i>Social Self Care</i>	MON	TUE	WED	THU	FRI	SAT	SUN
Time with family							
Time with friends							
Dating							
Do something for community							
<i>Financial Self Care</i>	MON	TUE	WED	THU	FRI	SAT	SUN
Budgeting							
Investing							
<i>Personal Routines Self Care</i>	MON	TUE	WED	THU	FRI	SAT	SUN
Nutrition							
Regular checkups							
Grooming							
<i>Professional Self Care</i>	MON	TUE	WED	THU	FRI	SAT	SUN
Time management							
Not exceed work hours							
5 min breaks each hour							