

SELF CARE CHALLENGE

MONTH

YEAR

TAKE A 10
MINUTE WALK
OUTSIDE

PRACTICE DEEP
BREATHING FOR
5 MINUTES

DRINK A GLASS
OF WATER

LEARN YOGA
FOR BEGINNER

LISTEN TO YOUR
FAVORITE SONG

STRETCH FOR
5 MINUTES

HAVE A
HEALTHY
SNACK

MEDITATE FOR
10 MINUTES

CALL A FRIEND
OR FAMILY
MEMBER

TAKE A POWER
NAP

DO A QUICK
DECLUTTERING
SESSION

WATCH
A FUNNY VIDEO

READ A FEW
PAGES OF A
BOOK

DO A QUICK
WORKOUT

HAVE
A SOOTHING
CUP OF TEA

TRY A NEW
RECIPE

WRITE IN A
JOURNAL FOR 5
MINUTES

DO A RANDOM
ACT OF
KINDNESS

TAKE
A RELAXING
BATH

UNPLUG FROM
TECHNOLOGY
FOR AN HOUR

WATCH THE
SUNSET OR
SUNRISE

DO A MINI
DIY PROJECT

MAKE SOME
WORD OF
AFFIRMATION

DANCE TO
YOUR FAVORITE
MUSIC

REFLECT ON
YOUR DAY
BEFORE GOING
TO BED

NOTES

GOALS

SELF-CARE CHECKLIST

WEEK

TASK ACTIVITY

S

M

T

W

T

F

S

NOTES

GOALS

MENTAL-CARE CHECKLIST

WEEK

ACTIVITY	S	M	T	W	T	F	S

NOTES

HABIT TRACKER

WEEK

HABIT

S

M

T

W

T

F

S

NOTES

GOALS

GOAL TRACKER

YEAR

FAMILY

ROMANCE

FINANCE

CAREER

STUDY

HEALTH

RECREATION

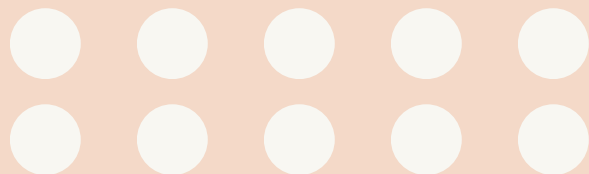
FITNESS PLANNER

DATE

MOOD

WORKOUT	TIME	REPS

WATER INTAKE



CALORIE CONTENT

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

WEIGHT

PULSE

HEALTH

GOALS

YOGA ROUTINE

DATE

MOOD

MORNING

EVENING

ROUTINES

NOTES

MEAL PLANNER

DATE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

GROCERY LIST

FRUIT
& VEGETABLES

MEAT
& FISH

BAKERY
& GROCERY

DAIRY
& EGGS

SNACKS
& DRINKS

HOME
SUPPLIES

MEDICINE TRACKER

DATE	TIME	VITAMIN/SUPPLEMENT	DOSAGE

NOTES

TRIGGER TRACKER

DATE

TIME

REASON

SYMPTOMS

DATE

TIME

REASON

SYMPTOMS

DATE

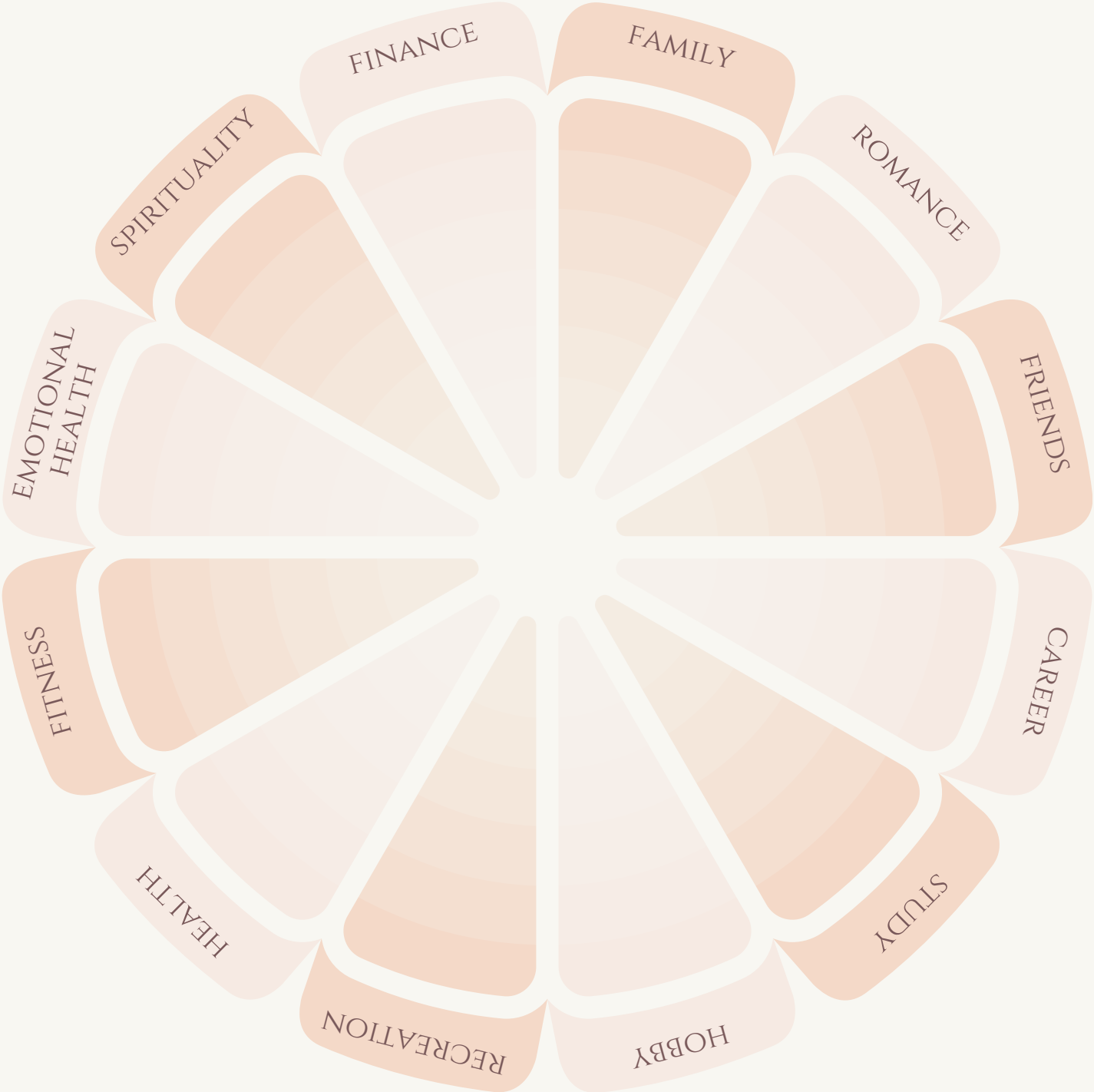
TIME

REASON

SYMPTOMS

WHEEL OF LIFE

DATE



ASSESS HOW SATISFIED YOU ARE WITH YOUR LIFE IN EACH AREA

SKINCARE ROUTINE

DATE

MORNING

CLEANSER



TONER



SERUM



MOISTURIZER



SUNSCREEN



FOUNDATION



EVENING

REMOVER



CLEANSER



MASK



TONER



SERUM



ESSENCE



EYE CREAM



MOISTURIZER



FAVORITE ROUTINE

NOTES

TO DO LIST

DATE

TOP PRIORITIES

MUST DO

SHOULD DO

COULD DO
