

My Self-Care

____/____/____

THINGS THAT MADE MY DAY

○ _____

○ _____

○ _____

○ _____

WATER INTAKE



TODAY'S MOOD



SELF-CARE ACTIVITIES

○ _____

○ _____

○ _____

○ _____



SPIRITUAL RESET

- Read a devotional
- Journal gratitude
- Pray and meditate
- Reflect on blessings

DAILY NUTRITION

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

TRACKER

_____ 1 2 3 4 5 6 7

_____ 1 2 3 4 5 6 7

_____ 1 2 3 4 5 6 7

_____ 1 2 3 4 5 6 7

Habits to start...

Habits to stop...

SELF-CARE ACTIVITIES COMPLETED

1 2 3 4 5

"He restores my soul." ~Psalm 23:3

My Self-Care

____/____/____

THINGS THAT MADE MY DAY

○ _____

○ _____

○ _____

○ _____

WATER INTAKE



TODAY'S MOOD



SELF-CARE ACTIVITIES

○ _____

○ _____

○ _____

○ _____



SPIRITUAL RESET

- Read a devotional
- Journal gratitude
- Pray and meditate
- Reflect on blessings

DAILY NUTRITION

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

TRACKER

_____ 1 2 3 4 5 6 7

_____ 1 2 3 4 5 6 7

_____ 1 2 3 4 5 6 7

_____ 1 2 3 4 5 6 7

Habits to start...

Habits to stop...

SELF-CARE ACTIVITIES COMPLETED

1 2 3 4 5

"He restores my soul." ~Psalm 23:3