



MONTH: _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
 SELF CARE Did something just for me 																															
 SLEEP Got 7-9 hours of sleep 																															
 HYDRATION Drank enough water 																															
 MOVEMENT Got my body moving 																															
 MEDICATION Took my medication 																															
 JOURNALING Wrote my thoughts 																															
 CONNECTING Connected with someone I love 																															
 MINDFULNESS Took time to be present 																															
 GETTING OUTSIDE Spent time outside 																															



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