Monthly SELF CARE TRACKER

MONTH:

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	16	17	18	19	20	21	22	24	25	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																												

NOTES