

Monthly SELF CARE TRACKER

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 ♡



KALEIDOSCOPE
COUNSELING



You don't have
to do it alone. ♡

Support. Guidance.
Hope. ♡

We're here for you!



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🌐 www.kaleidoscopecounselingok.com

📍 Serving across
Oklahoma with
virtual and
in-person
appointments!



NOTES

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BE KIND
TO YOUR
MIND



BREATHE
FOCUS
BE KIND