

Kaleidoscope Mental Wellness Self Care Tracker

30 Days of Self-Care, Growth & Healing

you
got
this!

DAY	MOOD CHECK-IN How are you feeling?					SELF-CARE TRACKER - I CHOOSE ME								NOTES
	Drink Water	Move My Body	Ate Nourishing Food	Took My Meds	Got Enough Sleep	Practiced Mindfulness	Did Something I Enjoy	Spent Time Outside	Connected with Someone					
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Remember: Your mental health is a priority, not a luxury.

..... NOTES & REFLECTIONS

Small steps every day lead to big changes.