



Weekly self care checklist



Your Daily self care Tasks	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Get Up On Time							
Be Grateful							
Drink A Glass of Warm Lemon Water							
Cleanse Your Skin							
Take Medications/Vitamins							
Spend Time Outdoors							
Drink Water Through Out Your Day							
Exercise							
Have At least One Healthy Meal							
Practice Deep Breathing							
Take a Hot Shower/Bath							
Turn off Electronic Devices 1 Hour Before Bed							
Meditate & Relax							
Your Choice:							
Your Choice:							
Your Choice:							