

Weekly Self Care Checklist

Tasks

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Got Enough Sleep

Got Out of Bed on Time

Cleansed My Skin

Completed My Dental Routine

Taken Medication/Vitamins

Spent Time Outside of the
Bedroom

Had Some Exercise

Had a Snack or Two

Connect with friends

Spent Time Outdoors

Had Water Throughout the
Day

Had Nourishing Meals for
Breakfast, Lunch & Dinner

Taken Some Deep Breaths

Taken a Shower

Meditate & Relax

Other