

Daily Self-Care Checklist

- | | |
|---------------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Get a good night's sleep | <input type="checkbox"/> Drink water |
| <input type="checkbox"/> Eat healthy meals | <input type="checkbox"/> Drink tea |
| <input type="checkbox"/> Brush my teeth | <input type="checkbox"/> Do skin care routine |
| <input type="checkbox"/> Take a shower or bath | <input type="checkbox"/> At least 5 min. of activity |
| <input type="checkbox"/> Get outside | <input type="checkbox"/> 1 hour of me-time |
| <input type="checkbox"/> Have an in-person conversation | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |