

# Taking Care of Me

## TODAY I WANT TO FEEL

\_\_\_\_\_

## BASICS

### ☐ HEALTHY MEALS

☐ breakfast

☐ snack

☐ lunch

☐ dinner

### ☐ WATER

### ☐ SLEEP \_\_\_ hrs

☐ I went to bed at \_\_\_ pm

### ☐ WORKOUT

### ☐ QUALITY TIME

### ☐ VITAMINS

### ☐ WALK THE DOG

### ☐ EVENING ROUTINE

☐ brush teeth & floss

☐ wash face & moisturize

## WORK

☐ DAILY SCHEDULE

☐ DAILY 3 LIST

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## SOME OF THIS

☐ meditation app

☐ read

☐ personal project

☐ reached out to someone

\_\_\_\_\_

## LESS OF THIS

☐ ☐ Check social media

☐ ☐ Check news

☐ screen time

☐ sweets, alcohol, etc