

SELF-CARE TRACKER

Date:

Mood: 😊 😊 😐 😐 😞 😞

Day	Move Your Body (Even a walk or stretch counts)	Hydrate (Check off if you reached your water goal)	Rest/Sleep (Check if you got quality rest)	Notes
Monday	✓	✓	✓	
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Top 3 Priorities This Week

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Three Things I'm Grateful For

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Weekly Journaling