

# SELF-CARE TRACKER



## SELF-CARE ACTIVITIES

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_



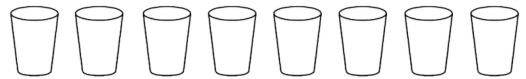
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## MOOD



## HYDRATE



## HOURS OF SLEEP



## THINGS THAT MAKE ME HAPPY TODAY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## DAILY NUTRIENT

BREAKFAST	LUNCH
DINNER	SNACK



## NOTE :

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_