

DAILY SELF-CARE CHECKLIST

Date: _____

MON

TUE

WED

THU

FRI

SAT

SUN

CHECKLIST

- Breathe deeply for a few minutes
- Write down 3 things you're grateful for
- Take a short digital break
- Drink enough water
- Eat balanced meals
- Move or stretch
- Get good sleep
- Listen to music
- Spend time outdoors
- Talk to someone you care about
- Check in with your feelings
- Set one small goal
- Unwind before bed

WORKOUT

- 5–10 mins light cardio (walk, jog, jump rope)
- Stretch major muscles
- 15–20 mins strength or bodyweight exercises
- 10–15 mins cardio (run, cycle, or dance)
- 5–10 mins core work (planks, crunches, leg raises)
- Gentle stretching
- Deep breathing
- Stay hydrated

HOURS OF SLEEP

- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours

WATER BALANCE

- 1 glasses
- 2 glasses
- 3 glasses
- 4 glasses
- 5 glasses
- 6 glasses
- 7 glasses
- 8 glasses