

1-week self care Tracker

Day	DONE
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Tips for using the self care tracker

Your 7 days are to the left.

>> Write the day of the week in the left square and planned self care activity below it.

>> When you finish, put a star in the DONE circle

>> When you're done, feel free to write reflections etc. below.

Reflections and Plans