Self-care checklist

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
□ _ hours of sleep □ _ glasses of water □ vibrant eating □ time for myself □ lived in the moment Notes:	□ _ hours of sleep □ _ glasses of water □ vibrant eating □ time for myself □ lived in the moment Notes:	□ _ hours of sleep □ _ glasses of water □ vibrant eating □ time for myself □ lived in the moment Notes:	□ _ hours of sleep □ _ glasses of water □ vibrant eating □ time for myself □ lived in the moment Notes:	□ _ hours of sleep □ _ glasses of water □ vibrant eating □ time for myself □ lived in the moment Notes:	□ _ hours of sleep □ _ glasses of water □ vibrant eating □ time for myself □ lived in the moment Notes:	□ _ hours of sleep □ _ glasses of water □ vibrant eating □ time for myself □ lived in the moment Notes: