

NAME: _____



Self-Care chart



MONTH: _____

Use this chart to track habits that help you maintain good health and prevent burnout. Colour in each activity as you do it!

DO DAILY

Drink more water



Exercise



Laugh at Something



Get Sunshine



Meditate / Pray / Say Affirmations



DO FORTNIGHTLY

Do Something Creative



Journal



Do Something Kind



Try Something New



DO WEEKLY

Msg a friend or loved one



Read



Visit Memory Lane



Clean Something



DIY Massage



DO MONTHLY

Enjoy a day off



Finish something you started



Catch up with friend/loved one



Treat yourself

