



SELF-CARE CHECKLIST

DAILY

Try and achieve these every day:

- ☐ STRETCH
- ☐ TAKE A BREAK ON YOUR OWN
- ☐ DRINK WATER (6-8 CUPS)
- ☐ GO FOR A WALK (EVEN A SHORT ONE)
- ☐ EAT AT LEAST 5 FRUITS & VEGETABLES
- ☐ GET AT LEAST 7-9 HOURS SLEEP
- ☐ GO OUTSIDE
- ☐ PERFORM SOME DEEP BREATHING
- ☐ SET A LIMIT ON SOCIAL MEDIA/PHONE TIME

WEEKLY

Each week, try to:

- ☐ MEET UP WITH A FRIEND
- ☐ MEDITATE OR CALMLY BREATHE FOR 10 MINS
- ☐ EXERCISE AT LEAST 3 TIMES
- ☐ READ
- ☐ SET GOALS