

Self-care check

Tasks:

	M	T	W	T	F	S	S
<u>Got enough sleep</u>	●	●	●	●	●	●	●
<u>Got out of bed on time</u>	●	●	●	●	●	●	●
<u>Brushed teeth x 2</u>	●	●	●	●	●	●	●
<u>Took medication/vitamins</u>	●	●	●	●	●	●	●
<u>Spent time out of bedroom</u>	●	●	●	●	●	●	●
<u>Had some exercise</u>	●	●	●	●	●	●	●
<u>Had some healthy snacks</u>	●	●	●	●	●	●	●
<u>Talked to friends/family</u>	●	●	●	●	●	●	●
<u>Spent time outdoors</u>	●	●	●	●	●	●	●
<u>Drank plenty of water</u>	●	●	●	●	●	●	●
<u>Ate healthy meals</u>	●	●	●	●	●	●	●
<u>Had a shower/bath</u>	●	●	●	●	●	●	●
<u>Looked after my appearance</u>	●	●	●	●	●	●	●
<u>Took time to breathe deeply</u>	●	●	●	●	●	●	●
<u>Took time to relax</u>	●	●	●	●	●	●	●