

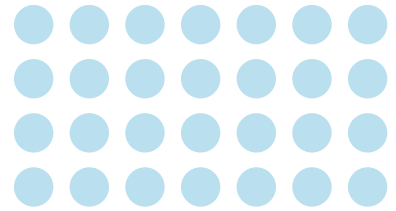
Self-Care tracker



Morning routine

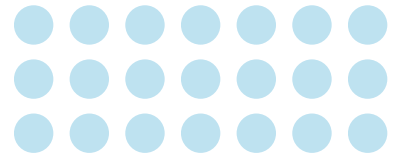
Aim for at least 8 hours of sleep
Eat breakfast when you get up
Practice meditation or some mindfulness
Journal 3 things you're grateful for

M T W T F S S



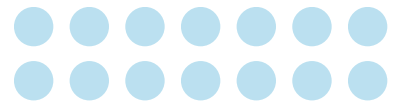
Midday routine

Rate your mood on a scale from 1 to 10
Eat lunch and hydrate
Take a movement break



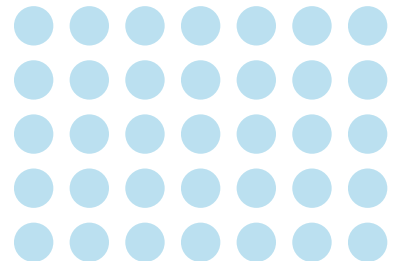
Afternoon routine

Review your to-do list and prioritize tasks
Reach out to a friend for a quick chat



Evening routine

Enjoy dinner
Do something that you enjoy
Engage in a calming activity before bed
Make your bedroom cosy and comforting
Reflect on 3 positive moments from today



During the whole day

Drink at least 2 litres of water
Try and get outside for some fresh air

