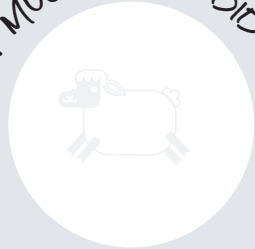


Self Care Tracker

HOW MUCH SLEEP DID I GET?



MOOD TRACKER



HOW WELL DID I EAT TODAY



HOW MUCH DID I MOVE?



HOW MUCH WATER DID I DRINK?



As you fill this in each day,
remember the small things are
equally as important and
valuable as the big things.

Today's Energy

Was boosted by

Was drained by

Today is:

The weather was:

Any special occasions on today?

A tough moment was...

What made you:

Happy

Relaxed

Complete

To cope I...

What I liked today about...

Myself

Someone else

Inspiring quote / words

Music/media/book that
had positive impact

I feel _____ because...

Today I helped myself by...

Did today create any goals?

Brain Dump



Created by tuneinnotout.com the health and wellbeing portal

