

Routine Self-Care Health Checklist

Physical Care

- Drank enough water today
- Ate regular meals & healthy snacks
- Got enough sleep last night
- Moved my body (walk, stretch, exercise)
- Maintained personal hygiene

Mental & Emotional Care

- Took breaks / relaxed mind
- Practiced journaling or self-reflection
- Expressed gratitude
- Limited unnecessary screen time

Social & Connection

- Connected with friends or family
- Shared my feelings/experiences

Notes / Reflections

Write additional notes, thoughts, or observations...