

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...