

(Daily)

DATE ___ / ___ / ___

SELF-CARE

S M T W T F S

CHECKLIST

- EAT BREAKFAST
- CALL A FRIEND OR FAMILY MEMBER
- TAKE YOUR MEDICATIONS & VITAMINS
- EAT DINNER
- SHOWER, SKIN CARE, & BRUSH TEETH
- CUDDLE A PET OR HUMAN
- GET DRESSED
- _____
- GO FOR A WALK
- _____
- EAT LUNCH
- _____
- TAKE A NAP
- _____

WHAT I NEED HELP WITH TODAY

WHAT WOULD MAKE ME FEEL HUMAN TODAY?

HOURS OF SLEEP (Hours)

1 2 3 4 5 6 7 8

WATER BALANCE (Glass)

1 2 3 4 5 6 7 8

MOOD

ANGRY TIRED SAD GREAT FUN

I CANNOT POUR FROM AN EMPTY CUP. I MUST TAKE CARE OF MYSELF, SO I CAN TAKE CARE OF MY FAMILY.

