

Self-care Checklist

Activities for Physical Health		Score
1	Drink more water	
2	Alcohol free day	
3	Take the stairs	
4	No caffeine or sugar after lunch	
5	Hit my step-count	

Activities for Emotional Health		Score
1	Be still	
2	Journal or gratitude list	
3	Be kind to someone	
4	Read a book	
5	Listen to Music	

How did you do?	Score
Happy with how much I did	5
Did some but could do more	3
I made a start	1
Didn't do this	0

Self-care Checklist

Activities for Physical Health		Score
1		
2		
3		
4		
5		

Activities for Emotional Health		Score
1		
2		
3		
4		
5		

How did you do?	Score
Happy with how much I did	5
Did some but could do more	3
I made a start	1
Didn't do this	0