

TAKING CARE OF ME

AM FEELING CHECK-IN

BASICS

- Morning Routine
 - Personal hygiene
- Healthy Meals
 - Breakfast Snack
 - Lunch Dinner
- Vitamins
- Water
- Physical Fitness
- Evening Routine
 - Nighttime hygiene
- Sleep _____ hours goal
- Go to Bed by _____pm

PM FEELING CHECK-IN

TODAY'S GOALS

SOME OF THIS

- Meditation/Breathing
- Reading
- Personal Project
- Reaching Out

LESS OF THIS

- Checking News
- Screen Time
- Social Media
- Junk Food

TOMORROW'S GOALS
