

SELF-CARE TRACKER

During times of stress, we often forget to take care of ourselves and our well-being.

By filling this out regularly, you get to maintain your self-care practices from week to week. With this tracker, you can pinpoint areas of improvement and find the best activities to help you cope.

Some examples:

- 8 hours of sleep
- Staying hydrated
- Movement/exercises
- No screen time 30 mins before bed
- Gratitude



SELF-CARE TRACKER

SUN

MON

TUES

WED

THURS

FRI

SAT

Week of:



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SELF-CARE TRACKER

MON

TUES

WED

THURS

FRI

SAT

SUN

Week of:



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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