

Self-Care CHECKLIST

TASKS	Su	Mo	Tu	We	Th	Fr	Sa
8 hours of Sleep							
Drink 8 glasses of water or more							
3 healthy meals							
Wear Sunblock							
Talk to a Friend or a Family Member							
Listen to music							
Read for 30 minutes							
30 minute workout							
Brush Teeth at least 2 times							
Night time skin care							
Go to bed before 11 PM							