

Taking care of me

DAILY TRACKER

WELLNESS HABITS		EXAMPLE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EARLY TO BED, EARLY TO RISE	☾ Sleep Time	☾ 10pm	☾	☾	☾	☾	☾	☾	☾
	☀ Wake Time	☀ 6am	☀	☀	☀	☀	☀	☀	☀
GRATITUDE	Daily	☑							
DRINK WATER	At least 64 oz. a day	☑							
EXERCISE	✍ Activity	✍ Walk	✍	✍	✍	✍	✍	✍	✍
	🕒 Time Spent	🕒 60min	🕒	🕒	🕒	🕒	🕒	🕒	🕒
HEALTHY BREAKFAST	☑	☑							
GROUND FLAXSEED	At least 2 tbsp per day	☑							
CLASSICAL MUSIC	🕒 Time Spent	🕒 15 min	🕒	🕒	🕒	🕒	🕒	🕒	🕒
AVOIDED / REDUCED	Sugar	☑							
	Caffeine	☑							
	Alcohol/Tobacco	☑							
SPIRITUAL EXERCISE	✍ Activity	✍ Read Psalms	✍	✍	✍	✍	✍	✍	✍
	🕒 Time Spent	🕒 30min	🕒	🕒	🕒	🕒	🕒	🕒	🕒
CONNECT WITH PEOPLE	Support group, act of kindness, etc.	Call a sick friend							
AVOID NEGATIVE SPEECH	☑	☑							
SCREEN TIME	Reduce 1 hr daily	☑							
SPEND TIME OUTDOORS	At least 30 min per day	☑							
OVERALL MOOD	😊 😞 😐	😊							
_____	_____	☑							