

# SELF-CARE WEEKLY TRACKER

WEEK OF: \_\_\_\_\_ GOAL: \_\_\_\_\_

## Daily Rituals

M T W T F S S

## PHYSICAL NOURISHMENT

8 glasses of water

30 mins movement

7-8 hours sleep

## MENTAL & EMOTIONAL

Morning meditation/breathwork

Gratitude journaling

Screen-free hour before bed

## PERSONAL GROWTH

Read 10+ pages

Time in nature/outdoors

"Self-care is not an expense, it is an investment."