Self-Care TRACKER

	M T W T F S
Drink min 6 glasses of water	
Processed foods	
Anti-inflammatory food	
Fizzy sugary drinks	
Alcohol units	
Stress reduction/mindfulness	
Spend time outside	
Attend a workshop or class	
Take regular breaks	
Exercise 30 mins	
Go for a walk	
Read for pleasure	
Skincare AM routine	
Applied SPF 50	
Skincare PM routine	
No screen time before bed	
Go to sleep before 10pm	