

DAILY SELF-CARE LOG



Two specific self-care activities for the week:

- 1.
- 2.

Note: you may list daily self-care activities you engaged in that are not one of your pre-chosen activities. For example, maybe your chosen activities are attending a workout class and taking a walk, but one day you choose to take a bubble bath for self-care instead. Record your bubble bath here. Any self-care activities count and should be recorded – the goal is to actively do one self-care activity per day!

Day of the Week	Self-Care Activity	Experience Description	Mood after Activity
Example: Monday	Yoga class	Evening class, lots of deep breathing, stretching, calming/relaxing	Calm, happy, had energy to make dinner and help the kids with homework
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			

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