



SELF-CARE & WELLNESS TRACKER



	SUN	MON	TUE	WED	THU	FRI	SAT
 WATER INTAKE	☐	☐	☐	☐	☐	☐	☐
 SLEEP	☐	☐	☐	☐	☐	☐	☐
 MOVEMENT	☐	☐	☐	☐	☐	☐	☐
 GRATITUDE	☐	☐	☐	☐	☐	☐	☐
 SKINCARE	☐	☐	☐	☐	☐	☐	☐

