# SELF-CARE TRACKER

DATE:

*Honoring your own boundaries is the clearest message to others to honor them too.*

Gina Greenlee

## I LOVE THAT I AM...

## TODAY I FELT:

## WHAT IMPACTED MY MOOD:

## HOW I EXERCISED TODAY:

| | |
|---|---|
| TOTAL MINUTES: | |
| TOTAL STEPS: | |

## WATER INTAKE:

OUNCES/DAY: _____

## TODAY'S APPOINTMENTS:

| TIME: | EVENT: |
|---|---|
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## WHAT I ATE TODAY:

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|---|---|
| BREAKFAST: | LUNCH: |
| DINNER: | SNACKS: |

## I CONNECTED WITH THESE PEOPLE TODAY:

## FINANCIALS:

| |
|---|
| MONEY IN: |
| MONEY OUT: |

## TODAY I AM GRATEFUL FOR:

## TOMORROW I CAN: