

NAME:

# Self-care Daily Tracker

Morning Tasks	S	M	T	W	T	F	S

Evening Tasks	S	M	T	W	T	F	S

Habits To Keep
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>

Habits To Eliminate
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>