



Self-Care Challenge

Name:

Phone / email:

Since self-care is a personalized journey, and not “one-size-fits-all,” it is important to create your own routine. Use the tracker below to journal what you did each week towards your self-care routine.

Week	Self Care Reflection
Ex:	<i>This week I practiced self-care by prioritizing physical activity. Everyday this week during my lunch break I took a 20 minute walk. This helped me stay energized throughout the remainder of the day, it also allowed me to disconnect and clear my head. I also went to a yoga class after work this week, which was a great way to unwind and keep my body moving. I have noticed such an improvement in how I feel just from moving my body more this week!</i>
1	
2	
3	
4	
	Fill out this Self-Care Challenge tracker each week you complete the designated self-care practice. At the end of the challenge, submit your tracker to