

Daily Self-Care Journal Pages

DATE S M T W T F S

SLEEP ZZZZ







Sleep duration?

What woke me?

Sleep quality?

EXCELLENT GOOD AVERAGE POOR

How I felt upon waking?

SELF-CARE INTENTION

Physical Self-Care

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Emotional Self-Care

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Social Self-Care

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Professional Self-Care

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DAILY NUTRITION

BREAKFAST

.....

LUNCH

.....

DINNER

.....






SNACKS

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SNACKS

.....

HYDRATION

TODAY'S SELF-CARE REFLECTION

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SELF-CARE INTENTION FOR TOMORROW

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