Self Care Habit Tracker Printable

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Self-Care-Habit-Tracker-US-Letter.pdf
Print-ready US Letter PDF, 4 pages.

Self-Care-Habit-Tracker-A4.pdf
Print-ready A4 PDF, 4 pages, same layout re-flowed for A4.

Self-Care-Habit-Tracker-Sample-Preview.png
Sample page rendered at 300 dpi (2550 x 3300 px).

PRINTING.txt
Print settings, tips and license summary.

Monthly self-care tracker

Month _____

TICK OR COLOUR EACH DAY YOU DID SOMETHING IN EACH AREA

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Body	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mind	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Feelings	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
People	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Space & rest	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Something just for fun	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

SAMPLE

SELF-CARE THAT WORKED THIS MONTH

NEXT MONTH I'LL TRY

Self-care menu: 40 ideas

Tick the ones you like; pick one when you need it

BODY

- [ ] Stretch for 10 minutes
- [ ] Take a slow walk outside
- [ ] Cook a nourishing meal
- [ ] Go to bed 30 minutes earlier
- [ ] Have a warm bath or shower
- [ ] Drink a glass of water now
- [ ] Dance to one song
- [ ] Eat lunch away from screens
- [ ] _____
- [ ] _____
- [ ] _____

PEOPLE

- [ ] Call or text a friend
- [ ] Have coffee with someone
- [ ] Write a thank-you note
- [ ] Join a class or group
- [ ] Play a game with family
- [ ] Make plans for the weekend
- [ ] Compliment someone
- [ ] Volunteer an hour
- [ ] _____
- [ ] _____
- [ ] _____

MIND

- [ ] Read for pleasure
- [ ] Do a puzzle
- [ ] Learn something small
- [ ] Write a to-do list to clear your head
- [ ] Listen to a podcast you love
- [ ] Visit a library
- [ ] Try a new recipe
- [ ] Plan something to look forward to
- [ ] _____
- [ ] _____
- [ ] _____

SPACE & REST

- [ ] Tidy one small area
- [ ] Change the bed sheets
- [ ] Open the windows
- [ ] Light a candle or play music
- [ ] Take a nap
- [ ] Spend an hour offline
- [ ] Sit somewhere green
- [ ] Do nothing for 10 minutes
- [ ] _____
- [ ] _____
- [ ] _____

FEELINGS

- [ ] Journal for 5 minutes
- [ ] Have a good cry or laugh
- [ ] Write down three good things
- [ ] Say no to one thing
- [ ] Watch a comfort film
- [ ] Spend time with a pet
- [ ] Name what you're feeling
- [ ] Ask for help with something
- [ ] _____
- [ ] _____
- [ ] _____

MY OWN IDEAS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

SAMPLE