

Weekly Self-Care Checklist (On a Budget)

Daily Tasks	S	M	T	W	T	F	S
Drink Enough Water	☐	☐	☐	☐	☐	☐	☐
Take 10 minutes For Deep Breathing	☐	☐	☐	☐	☐	☐	☐
Walk Outside for at least 20 minutes	☐	☐	☐	☐	☐	☐	☐
Write 3 things you're grateful for	☐	☐	☐	☐	☐	☐	☐
Take a 15-min Coffee Break	☐	☐	☐	☐	☐	☐	☐
Weekly Tasks	S	M	T	W	T	F	S
Do a DIY spa	☐	☐	☐	☐	☐	☐	☐
Journal for 15 Minutes	☐	☐	☐	☐	☐	☐	☐
Call or Message a friend	☐	☐	☐	☐	☐	☐	☐
Organize One Small Space	☐	☐	☐	☐	☐	☐	☐
Do a Free at-home Workout	☐	☐	☐	☐	☐	☐	☐