

# Track Your Self-Care Habits

## Instructions:

First, decide what self-care habits you want to track. Examples are listed in the **21-Day Healthy Habits Challenge**. Make sure at least half of the habits you list below are things you're already doing so you don't feel overwhelmed. You want this tracking system to inspire you and pull you forward, not bring you down. Place a check mark for each day that you practice the self-care habit listed.

Month	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		
10 Self-Care Habits																																	
1.																																	
2.																																	
3.																																	
4.																																	
5.																																	
6.																																	
7.																																	
8.																																	
9.																																	
10.																																	