

Self Care Checklist

TASK



Sun

Mon

Tue

Wed

Thur

Fri

Sat

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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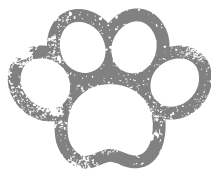
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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IDEAS



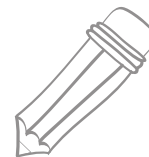
Cup of Tea



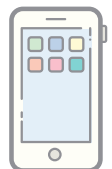
Cuddle a Pet



Listen to Music



Doodle



Call a Friend



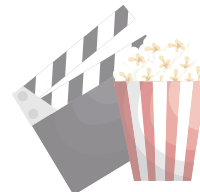
Meditate



Go for a Walk



Light a Candle



Watch a Movie



Manicure