

# SELF-CARE ROUTINE PLAN

PHYSICAL

MENTAL

PLAN

7am .....

8am .....

9am .....

10am .....

11am .....

12pm .....

1pm .....

2pm .....

3pm .....

4pm .....

5pm .....

6pm .....

7pm .....

8pm .....

9pm .....

10pm .....

FOOD

GRATITUDE

FUN

PERSONAL CARE