

Weekly Self-Care Routine

(Week of ___/___)

Skin-Care-

Hair-Care-

Nail-Care-

Book

Morning Routine

Bedtime Routine

Exercise:

Daily Schedule

M-

T-

W-

T-

F-

Water

M- 

T- 

W- 

T- 

F- 

S- 

S- 

Daily Break

M

T

W

T

F

Coffee/Tea

Read

Nap

TV/Movie

Pod Cast

Journal/Write

Other

	M	T	W	T	F
Coffee/Tea					
Read					
Nap					
TV/Movie					
Pod Cast					
Journal/Write					
Other					