

My Self Care Planner

5 minutes

10 minutes

15 minutes

30 minutes

60 minutes

My Self Care Planner

Spiritual Emotional Mental Physical Practical Social

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

My Self Care 30 Day Challenge

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30