

Weekly Self-Care Checklist

A realistic weekly reset for rest, routines, connection, and personal wellbeing.



WEEK OF _____

MY INTENTION _____

Daily care tracker

	M	T	W	T	F	S	S
Drink water regularly	☐	☐	☐	☐	☐	☐	☐
Eat nourishing meals	☐	☐	☐	☐	☐	☐	☐
Move in a way that feels good	☐	☐	☐	☐	☐	☐	☐
Spend time outdoors	☐	☐	☐	☐	☐	☐	☐
Complete my skincare routine	☐	☐	☐	☐	☐	☐	☐
Take a screen break	☐	☐	☐	☐	☐	☐	☐
Connect with someone	☐	☐	☐	☐	☐	☐	☐
Make time for rest	☐	☐	☐	☐	☐	☐	☐

THREE SMALL PRIORITIES

1 _____

2 _____

3 _____

THINGS THAT CAN WAIT

☐ _____

☐ _____

☐ _____

WEEKLY REFLECTION

What helped me feel more grounded? _____

What drained my energy? _____

One kind thing I will do for myself next week: _____