

SELF *care* CHALLENGE

WEEK 2

NAME: _____

GRAND TOTAL: _____



REFRESH

Exercise 1 minute = 1 point
(max 60 points)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Eat your fruits and veggies!
1 serving = 1 point

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Total Points:



RECHARGE

Take 5 slow, deep belly breaths
before rising, and say thank you
for something in your life = 5 pts

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Do a 5-minute meditation, or just
enjoy the quiet = 5 points

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Total Points:



REFOCUS

Play a game, do a puzzle, or do
something creative for
1 hour = 5 points

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Set SMART goals
(3 short-term and 3 long-term)
= 10 points

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Total Points:



RECONNECT

Connect with someone you
haven't seen or spoken with in a
while = 5 points

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Express gratitude by thanking
someone = 10 points

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>						

Total Points:

GRAND TOTAL: