**Self Care Menu**

Sunday:

* Go to grocery store
* Meal prep
* Read for 1 hour
* Yoga

Monday:

* Go to rec center
* Finish up weekly work for your job
* Go to bed before 10 pm
* Prep for upcoming week in planner

Tuesday

* Plank challenge
* Clean my room
* Skin care routine
* Go on a hike
* Write in journal

Wednesday

* Meditate
* Go to rec center
* Write in journal
* Wake up before 7:30 am

Thursday

* Meal prep
* 10 min workout at home
* Call family
* Watch a movie and decompress
* Eat favorite dessert

Friday

* Early morning cardio workout
* Put in the effort to put on makeup and look pretty
* Hang out with friends

Saturday

* Sleep in
* Go out to eat
* Write in journal
* Tidy my room
* Finish 80% of homework