## DAILY SELF CARE CHECKLIST

A SELF-CARE CHECKLIST SERVES AS A GUIDE TO HELP YOU MAINTAIN YOUR DESIGNATED HABITS. IT IS MEANT TO HELP YOU MONITOR YOURSELF AND SEE WHETHER OR NOT YOU ARE COMPLYING.

	Day1	Day2	Day3	Day4	Day 5	Day6	Day7	Day8	Day9	Day10
Rising time										
Shower										
Meal 1										
Meal 2										
Meal 3										
Get dressed										
Hygiene care										
Positive emotion accumulation activity										
Social interaction										
Take yourself to outside – step out of the house										
Bed time										
15-20min physical activity										
Small goal										