5 DAYS OF Checklist Self Care Checklist

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BATH OR SHOWER							
15 MIN YOGA OR MEDIDATION							
PRACTICE HOBBY							
SPEND TIME WITH A FRIEND							
30 MIN MOVE YOUR BODY							
SPEND TIME OUTSIDE							
TREAT YOURSELF							
GET MORE SLEEP			7				

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