

SELF-CARE CHECKLIST

	PHYSICAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
	MENTAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
	EMOTIONAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
	SPIRITUAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								

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