

Self-Care Discovery

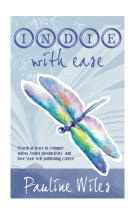


Date	Time	Place	Self-Care Method	Effectiveness?

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Self-Care Habit Tracker



Week 1	M	T	W	Th	F	S	Su
Habit 1: Habit 2: Habit 3:	i	i	i	i	i	i	i
Week 2	M	T	W	Th	F	S	Su
Habit 1:					п	п	
Habit 2:	п	П	п		п	п	
Habit 3:	п	п	п	п	п	п	п