

The Caregiving Guys

DATE ___ / ___ / ___

SELF-CARE

S M T W T F S

CHECKLIST

- MAKE YOUR BED
- TAKE YOUR MEDICATIONS & VITAMINS
- BATHING & SKINCARE ROUTINE
- EAT BREAKFAST
- CONFIRM MEDICAL APPOINTMENTS
- CLEAN OR TIDY AROUND THE HOUSE
- FOOD SHOPPING OR MEAL PREP
- WASH CLOTHES & DISHES
- TAKE A NAP WHILE YOUR RECIPIENT DOES
- LISTEN TO MUSIC AT HOME OR IN CAR
- CONSULT WITH MEDICAL TEAM
- DO A CROSSWORD
- CALL A FRIEND OR FAMILY
- MEDITATION
- MAKE HEALTHY MEALS & SNACKS
- CUDDLE A PET OR HUMAN
- DO A CROSSWORD
- MAKE TIME TO READ
- SILENT PRAYER OR GRATITUDE
- GET TO BED EARLY WHEN YOU CAN

WORKOUT

- CARDIO WEIGHT YOGA
- STRETCH REST DAY OTHER

HOURS OF SLEEP LAST NIGHT

(Hours)



WATER BALANCE (Glass)



THINGS THAT MAKE ME HAPPY OR GRATEFUL TODAY:

MOOD

