

The Caregiving Guys

DATE ____ / ____ / ____

SELF-CARE

S M T W T F S

CHECKLIST

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

