

# 30 DAY SELF-CARE TRACKER

## DAILY HABITS

Habit	1	2	3	4	5	6	7	8	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1																													
2																													
3																													

## WEEKLY HABITS

Habit	Week 1	Week 2	Week 3	Week 4
1				
2				
3				

“WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.” –ARISTOTLE