

# Self Care Tracker

Week: \_\_\_\_\_

ACTIVITIES	M	T	W	T	F	S	S

NOTES



M   S   T   W   T   S   S  
 Date

*My notes*



A grid of 20 rows and 15 columns of small teal dots for note-taking.



# Gratitude Journal

M S T W T S S

Date



## TODAY I'M GRATEFUL FOR

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