

Self-Care Plan

Week: _____

Task/Activity	S	M	T	W	Th	F	S
Start your day with a glass of water before caffeine	☐	☐	☐	☐	☐	☐	☐
Sit outside for ten minutes	☐	☐	☐	☐	☐	☐	☐
Write down three things you're grateful for	☐	☐	☐	☐	☐	☐	☐
Drink 80 ounces of water	☐	☐	☐	☐	☐	☐	☐
Have a healthy snack or meal	☐	☐	☐	☐	☐	☐	☐
Stretch for five minutes	☐	☐	☐	☐	☐	☐	☐
Exercise for 30 minutes	☐	☐	☐	☐	☐	☐	☐
Enjoy a relaxing bath or shower	☐	☐	☐	☐	☐	☐	☐
Turn off screens an hour before bed	☐	☐	☐	☐	☐	☐	☐

Notes:

Goals



Center for Rural Health

University of North Dakota
School of Medicine & Health Sciences