



Petal & Paper

YOUR FREE PRINTABLE

Self-care tracker



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TAKING CARE OF YOURSELF

self-care tracker

Physical (tick each day)

8 hours sleep: Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐
Sat ☐ Sun ☐
Exercise: Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐
Sun ☐
2L water: Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐
Sun ☐
Nutritious meals: Mon ☐ Tue ☐ Wed ☐ Thu ☐
Fri ☐ Sat ☐ Sun ☐

Emotional (tick each week)

Connected with someone I care about: week 1 ☐ 2 ☐ 3 ☐ 4 ☐
Did something I enjoy: week 1 ☐ 2 ☐ 3 ☐ 4 ☐
Said no to something I did not want to do: week 1 ☐ 2 ☐ 3 ☐ 4 ☐
Journalled or reflected: week 1 ☐ 2 ☐ 3 ☐ 4 ☐

Mental (tick each day)

No work after 8pm: Mon ☐ Tue ☐ Wed ☐ Thu ☐
Fri ☐ Sat ☐ Sun ☐
Time outdoors: Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐
Sat ☐ Sun ☐
Phone-free time: Mon ☐ Tue ☐ Wed ☐ Thu ☐
Fri ☐ Sat ☐ Sun ☐
Read or learn: Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐
Sat ☐ Sun ☐

Monthly reflection

What I did well: _____
What I want to change: _____
How I felt overall: _____