



WEEKLY SELF-CARE TRACKER

IMPROVE YOUR
MENTAL HEALTH &
EMOTIONAL WELL BEING

KIDS LIFE COACHES

WEEK: _____

MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

BREAK THE STRESS BY DOING AT
3 OF THESE THINGS PER WEEK.



Remember To
Start Fresh
Everyday!



Do Physical
Activities
You Enjoy



Connect With
Uplifting
Colleagues



Chat
Kindly With
Yourself



Take A
Break When
You Need One



Treat
Yourself When
You Need It



Relax By
Reading A
Great Book



Take A Walk
Or Spend Time
Outdoors