

FOOD JOURNAL :

Start a food journal, use this as a guide, include everything you consume, meals, liquids, snacks, amount. Make notes on the side.

MEAL : TIME

Beverage

MOOD / DIGESTIVE ISSUES

Breakfast:

Snacks:

Lunch:

Snacks:

Dinner:

Snacks:

What do you need right now?

30 Day Self Care Challenge

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Self Care Ideas

Journal, meditate, doodle, go on a walk, massage, dry brush, balanced diet, cook, therapy, herbal oiling, meal plan, foot soak, eat veggies, give yourself time, give yourself time in the mornings, get 8 hours of sleep, drink water, make a friend date, say yes, say no, yoga, unplug from social media, get sun, chew your food, stretch, facial steam, go to the gym, declutter, read a book, take some vitamins, spend time alone, take a new class, try a new food, do a handstand, take a tea break, go to a community event, ride your bike!

What did you do most?

Did you do the self care you needed?

How do you feel after 30 days?