

Self check-in

Daily tracker

Date _____

Mo Tu W Th Fr Sa Su

My sleep last night was



Approx. hours _____

Woke up at: _____

How am I feeling this morning?



Day to do list

- Brush teeth and wash face
- Review work tasks and prioritize
- Eat breakfast and lunch
- Open a window and get fresh air/sun
- Work out for ____ min.
- Pray/Meditate for 10 minutes

Today I intend _____

Cups of water



Evening to do list

- Read _____ pages of a book
- Move my body for ____ min.
- Brush & Floss teeth and wash face
- Write to my journal
- Time off screens
- Take a shower

How am I feeling this evening?



Am I satisfied with this day?



I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun
proud strong active love passion freedom
happiness optimism belief hope inspired
courage interest amusement gratitude delight
relaxed calm confident curious focused worthy
thrilled self-respecting kind