Self-care Check-in

CHECK IN EACH DAY WITH YOURSELF TO KEEP MENTALLY AND PHYSICALLY HEALTHY AT HOME

- [ ] DID SOMETHING ACTIVE
- [ ] TOOK AT LEAST AN HOUR AWAY FROM SOCIAL MEDIA
- [ ] SLEPT FOR 7-10 HOURS
- [ ] WALKED 8-10,000 STEPS
- [ ] DRANK 8 GLASSES OF WATER
- [ ] ATE 5 PORTIONS OF FRUIT AND VEG
- [ ] GOT SOME FRESH AIR
- [ ] CONNECTED WITH A FRIEND OR FAMILY MEMBER
- [ ] MADE A HEALTHY MEAL
- [ ] TOOK SOME TIME TO DO SOMETHING I ENJOY
- [ ] TRIED SOMETHING NEW

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