



7-Day Self-Care Tracker

A gentle weekly check-in to notice small acts of care, rest and reflection.

Choose what feels realistic for you. You do not need to complete every box.

The aim is simply to notice small moments that support your everyday wellbeing.

Day	Kindness to self	Rest / pause	Gentle movement	Connect / check in	One note from today
Day 1	☐	☐	☐	☐	
Day 2	☐	☐	☐	☐	
Day 3	☐	☐	☐	☐	
Day 4	☐	☐	☐	☐	
Day 5	☐	☐	☐	☐	
Day 6	☐	☐	☐	☐	
Day 7	☐	☐	☐	☐	

End-of-week reflection

What helped me feel most supported this week?

One small thing I would like to carry into next week:
