



# ALOE CHECK IN

use this checklist to check-in with your self care each week - check off the days, use stickers or colour in the aloes with a pen or pencil!

M T W T F S S

## DRINK

try to have at least 4 per day - juice, water, anything!



## BREAK

take a break from your screen - take a walk or close your eyes.



## BRUSH

make brushing your teeth part of your morning routine!



## MEDICATION / VITAMINS

\*if any. Have you taken it?



## SHOWER / BATHE

have you showered in the last day or two?



## SLEEP

Are you waking up and going to bed at reasonable times?



## SNACK

keep a snack in your bag, by your desk or by your bed for moments when hunger strikes.



## PEOPLE

think of someone who makes you happy, online or IRL!



## TALK

say something nice - even just a "checking-in, how are you?"



## YOU

do one thing that makes you happy.



## WHAT?

what will that thing be?

Empty dotted box for notes

## REMEMBER:

even though there is a space for every day, you don't have to fill every box!

