

Physical Self-Care

Your physical health is a key part of self-care. The body and mind are no doubt connected — it's why you feel less focused when you're sleepy, and why you often feel energized after exercising. Incorporating physical self-care into your daily routine is easier when you take it one step at a time.

I want to make this 30-day challenge happen because...

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Each week, focus on one aspect of physical self-care. Try one or some of the suggested actions, or come up with your own. Set a frequency goal and track your results at the end of the week.

WEEK 1

REST

	GOAL	M	T	W	T	F	S	S	RESULT
8 hours of sleep
Silence or turn off phone overnight
Yoga, meditation, or breathing exercises before bed
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WEEK 2

MOVEMENT

30 minutes of exercise
Stand up while working (aim for 2 hours)
Do a daily 5-minute stretching routine
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WEEK 3

NOURISH

Reduce processed foods
Increase vegetable intake
Drink 64 oz of water a day
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WEEK 4

HEALTH

	APPOINTMENT	DATE
Schedule your annual appointments (e.g. dental, primary care, vision)

What was the biggest change you experienced this past month? What habits will you continue?

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