# SELF-CARE TOOLKIT TRACKING

MAKESELFCARESIMPLE.COM

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## Summary key points

The aim (of the challenges) is to perform the self care practice *yourself* so you gain valuable **feedback from personal experience.**

The self care practices are divided into **four categories.**

**The challenges** may *vary* in length of duration.

Start **one *new*** self care challenge at a time.

All four areas of your selfcare are **equally important and interconnect.**

You can **start the challenges at any time** and follow for the indicated number of days.

**Before and after** each challenge you **assess and score your symptoms** and overall well being.(see printable)

The idea is to **notice which selfcare practices *worked best for you*** based on your *before and after* assessment**.**

**The Essentials** are a good place to start! (see printable)

**MindCraft** can be used alongside the other challenges as support

*On the next page is a summary of how to use each Printable*

# The Printables

**TRACKING your progress helps you stay motivated and consistent!**
I created these trackers as *inspiration and ideas* to help you **get started**. You can print and use straight away OR use them to design your own tracking system. Find what works best for you!

**Medication Tracker**
Use this to track the dates that your medication is changed, including remedies and supplements, so you can link any new symptom to medication changes.

**Symptom Checklist**
Use this for your before and after challenge assessments. List all your symptoms and score them to help you identify any changes after completing a challenge..

**Essentials 28-Day Water Tracker**
Use this to help you track your water challenge. Tick when you complete each of the 5 drinks per day for the 28 days.

**Essentials Weekly Eat more Veg Tracker**
Use this to help you plan and track how you eat more vegetables in the week.

**Essentials Weekly Neat Movement Tracker**
Use this to help you plan and track your Neat movement in the week

**Align & Uplift Checklist**
Use this to **score** your emotions before and after you complete an Align & Uplift challenge to help determine which ones work best for you.

# ALIGN & UPLIFT

Make Selfcare Simple

SCORE 1-10

**DATE:** _____

| BEFORE | I FEEL | AFTER |
|---|---|---|
| | Love / Inner Peace/ Empowerment/ Freedom | |
| | Gratitude / Joy / Appreciation | |
| | Passion | |
| | Belief / Faith / Positive Expectation | |
| | Optimism | |
| | Hope | |
| | Contentment | |
| | Boredom | |
| | Pessimisim | |
| | Frustration/Impatience/Irritation/ Sacrcasm | |
| | Overwhelm | |
| | Doubt / Disappointment | |
| | Worry | |
| | Blame | |
| | Discouragement | |
| | Anger | |
| | Hatred / Revenge | |
| | Envy / Jealousy | |
| | Guilt / Insecurity / Unworthiness | |
| | Depression /Despair/Fear/Grief/Powerlessness | |

**Date :**

**5 x 100mil Per day.**

| | | | | | |
|---|---|---|---|---|---|
| Day 1 | | | | | |
| Day 2 | | | | | |
| Day 3 | | | | | |
| Day 4 | | | | | |
| Day 5 | | | | | |
| Day 6 | | | | | |
| Day 7 | | | | | |
| Day 8 | | | | | |
| Day 9 | | | | | |
| Day 10 | | | | | |
| Day 11 | | | | | |
| Day 12 | | | | | |
| Day 13 | | | | | |
| Day 14 | | | | | |
| Day 15 | | | | | |
| Day 16 | | | | | |
| Day 17 | | | | | |
| Day 18 | | | | | |
| Day 19 | | | | | |
| Day 20 | | | | | |
| Day 21 | | | | | |
| Day 22 | | | | | |
| Day 23 | | | | | |
| Day 24 | | | | | |
| Day 25 | | | | | |
| Day 26 | | | | | |
| Day 27 | | | | | |
| Day 28 | | | | | |


*-Monthly-*

# Water Challenge Tracker

# SYMPTOM *Checklist*

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# medication tracker.

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NAME: DATE:

| medication | dose | frequency | notes |
|---|---|---|---|
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# WEEKLY EAT MORE VEG PLANNER

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MONDAY ___/___/____

TUESDAY ___/___/____

WEDNESDAY___/___/____

THURSDAY ___/___/____

FRIDAY ___/___/____

SATURDAY ___/___/____

SUNDAY ___/___/____

SHOPPING LIST:

Make Selfcare Simple

# WEEKLY NEAT MOVEMENT TRACKER

| WEEK OF: | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| MORNING NEAT MOVEMENT | | | | | | | |
| | | | | | | | |
| | | | | | | | |
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| | | | | | | | |
| | | | | | | | |
| EVENING/AFTERNOON NEAT MOVEMENT | | | | | | | |
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