

Self Care Tracker

Daily & Weekly Pages
for Focus, Reflection,
and Growth on Your
Wellness Journey

"No pressure. No perfection. Just progress."

From the creator of the Self Care Workbook for Women — SharonOdom.com

Welcome!

Think of your *Self Care Tracker* as a flexible daily or weekly check-in to help you stay mindful and consistent on your wellness journey.

It's not about being perfect. It's about creating space to focus, reflect and celebrate wins each day.

Here's how you can use it:

Daily Tracker

- Set a focus for the day, track your mood, movement, meals, and small wins. Reflect on your progress each evening.

Weekly Check-In

- Review your wins, lessons, and reflections at the end of each week. Use this time to reset and refocus. Celebrate progress and set an intention for week ahead.

Make it Your Own!

- You don't have to fill out every box. **This is your journey.** Use what's helpful. Skip what's not. Go at your own pace. Every step forward counts.

"Remember: You don't need to be perfect – just present."

Self Care Daily Tracker

Today's Focus: (What's one thing I want to feel or achieve today?):

Mood Check-in:

(How do I feel overall today?)

- ☐ Energized
 - ☐ Calm
 - ☐ Meh
 - ☐ Tired
 - ☐ Anxious
 - ☐ Reflexive
 - ☐ _____
-

Movement Today:

(What did I do to move my body?)


☐ Steps: _____

Check all that apply:

- ☐ Walk
 - ☐ Strength
 - ☐ HIIT
 - ☐ Stretch
 - ☐ Rest Day
-

Nutrition & Hydration:

(Did I eat when I was hungry?)

- ☐ Breakfast
 - ☐ Lunch
 - ☐ Dinner
 - ☐ Snacks
 - ☐ Drinks
 - ☐ Water Tracker 
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Mindset Moment:

(A quote, intention or mantra for the day.)

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Small Win or Self-Care Act:

(Something I'm proud of today, big or small!)

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Tomorrow's Intention:

(What's one thing I want to carry forward?)

"Progress isn't measured by perfection — it's measured by showing up."

Date:

Weekly Self Care Check-in

Wins of the Week:

What Didn't Work:

One Thing I'm Proud of:

Weekly Mood Tracker:



Focus for Next Week:

Notes or Reflections:

"A week of small wins adds up to big change."

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