

# HABIT TRACKER IDEAS

## 42 SELF CARE HABITS TO TRACK

### PHYSICAL

- Sleep
- Hydration
- Exercise/ Movement
- Being Outside
- Physical touch
- Stretching/Yoga
- Deep Breathing

### EMOTIONAL

- Stress Level
- Happiness level
- Gratitude
- Journaling
- Me-time
- Hobby
- Laughter

### MENTAL

- Reading
- Self Discovery
- Digital Detox
- Set Goals
- Meditation
- Try Something New
- Affirmations

### SOCIAL

- Time with Friends
- Time with Family
- Date night
- ROAK (Kindness)
- Social media
- Sports
- Be Present

### HEALTH

- Vitamins/ Supplements
- No Sugar
- No Caffeine
- Medication
- Whole Foods/ Veggies
- Health Check-ups
- Hygiene

### ROUTINES

- Morning/ Wake up Early
- Evening Routine
- Skin Care
- Meal Planning
- Chores/ Declutter
- Dental care
- Finances/ Budget