# 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 aloe plants with a pen or pencil!

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### 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?

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**Remember:**

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