

# Self-Care Tracker (*'Cause I'm worth it!*)

Day of Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<i>Intention</i>																
<i>Scrape Tongue</i>																
<i>Oil Pulling</i>																
<i>Warm Water</i>																
<i>Nasya/Neti Pot</i>																
<i>Oil Massage</i>																
<i>Yoga</i>																
<i>Pranayama</i>																
<i>Meditation</i>																
<i>Mindful Eating</i>																
<i>Love of Self</i>																

Day of Month	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<i>Intention</i>															
<i>Scrape Tongue</i>															
<i>Oil Pulling</i>															
<i>Warm Water</i>															
<i>Nasya/Neti Pot</i>															
<i>Oil Massage</i>															
<i>Yoga</i>															
<i>Pranayama</i>															
<i>Meditation</i>															
<i>Mindful Eating</i>															
<i>Love of Self</i>															

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