# SELF-CARE ROUTINE TRACKER

A simple weekly printable to support your body, energy & emotional well-being.



Mibosma – Begin living as you dream

#### Welcome to your Self-Care Routine Tracker!

This printable is designed to help you nurture your body, restore your energy, and support your emotional well-being through simple, intentional habits.

Each day, you'll check in with yourself, track what matters most, and gently reflect on how you're caring for your mind, body, and soul.

\* Remember: Self-care doesn't have to be complicated.

It's about showing up for yourself in small, loving ways.

You can print this tracker and place it somewhere visible — on your desk, fridge, or self-care journal. Let it remind you daily that you are worthy of care.

Let's make space for rest, nourishment, and renewal — one day at a time.



Mibosma - Begin living as you dream

#### **→**WEEKLY SELF-CARE TRACKER

#### Week 1 – Begin Gently

#### **Morning Routine Completed**

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

M T W T F S S

#### Hydration

Did you drink at least 6-8 glasses of water today?

MTWTFSS



Mibosma – Begin living as you dream

pages

#### Nourishing Meals

Did you eat meals that support your body? (Healthy foods vs. processed or fast food)

## M T W T F S S

#### Morning Routine Completed

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

M T W T F S S



Mibosma – Begin living as you dream

#### 🖁 Took a Mindful Break

Did you pause to breathe deeply, meditate, or enjoy a moment of stillness?

## M T W T F S S

## ® Digital Detox

Did you take intentional time away from screens, social media, or unnecessary scrolling?

M T W T F S S



Mibosma - Begin living as you dream

pages

#### Slept Enough

Did you get at least 7-9 hours of restful sleep?

## MTWTFSS

#### Did Something Just for Me

Did you do something you love today – just for joy, peace, or relaxation?

M T W T F S S



Mibosma - Begin living as you dream

радеь

#### Reflected or Journaled

Did you take a moment to write, reflect, or connect with your inner self?

## M T W T F S S

## **Weekly Reflection**

One small step toward caring for yourself is already a powerful shift.



Mibosma – Begin living as you dream

* What felt easiest to care for this week?
What area did I neglect or struggle with the most?
<b>♥</b> What small win am I proud of?
Anilarma
Www.mibosma.com  For personal use only - © Mibosma 2025  Mibosma - Regin living as you dream

#### WEEKLY SELF-CARE TRACKER

#### 🗂 Week 2 – Let's Keep Growing

#### Morning Routine Completed

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

## M T W T F S S

## Hydration

Did you drink at least 6-8 glasses of water today?

## M T W T F S S



Mibosma – Begin living as you dream

#### Nourishing Meals

Did you eat meals that support your body? (Healthy foods vs. processed or fast food)

M T W T F S S

#### **Morning Routine Completed**

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

M T W T F S S



Mibosma – Begin living as you dream

#### Took a Mindful Break

Did you pause to breathe deeply, meditate, or enjoy a moment of stillness?

## M T W T F S S

#### Digital Detox

Did you take intentional time away from screens, social media, or unnecessary scrolling?

M T W T F S S



Mibosma - Begin living as you dream

#### Slept Enough

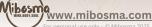
Did you get at least 7-9 hours of restful sleep?

## M T W T F S S

## Did Something Just for Me

Did you do something you love today – just for joy, peace, or relaxation?

M T W T F S S

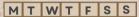


Mibosma - Begin living as you dream

pagero

#### Reflected or Journaled

Did you take a moment to write, reflect, or connect with your inner self?



## **Weekly Reflection**

Build on your rhythm. You're showing up, and it matters



★ What felt easiest to care for this week?
What are did I and at an atomorph with
What area did I neglect or struggle with the most?
What small win am I proud of?
Mikesma
Www.mibosma.com For personal use only - © Mibosma 2025
Mibosma – Begin living as you dream page15

How did this week's self-care affect my mood, energy, or mindset?
One thing I'd like to do better or differently next week:
www.mibosma.com For personal use only - @ Mibosma 2025 Mibosma - Begin living as you dream page16

#### WEEKLY SELF-CARE TRACKER

#### Week 3 – Root Yourself

#### Morning Routine Completed

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

MT WTFSS

#### Hydration

Did you drink at least 6-8 glasses of water today?

MTWTFSS

Mibesma www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream page17

#### Nourishing Meals

Did you eat meals that support your body?
(Healthy foods vs. processed or fast food)

## M T W T F S S

#### Morning Routine Completed

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

M T W T F S S



Mibosma – Begin living as you dream

pagero

#### Took a Mindful Break

Did you pause to breathe deeply, meditate, or enjoy a moment of stillness?

## M T W T F S S

#### Digital Detox

Did you take intentional time away from screens, social media, or unnecessary scrolling?

M T W T F S S



Mibosma - Begin living as you dream

#### Slept Enough

Did you get at least 7-9 hours of restful sleep?

## MTWTFSS

#### PDid Something Just for Me

Did you do something you love today – just for joy, peace, or relaxation?

MTWTFSS

Wibesma www.mibosma.com

or personal use only – © Mibosma 2025

Mibosma – Begin living as you dream

#### Reflected or Journaled

Did you take a moment to write, reflect, or connect with your inner self?

M T W T F S S

## **Weekly Reflection**

Return to your center. Self-care is a way to come home to you.

Mibesma www.mibosma.com

For personal use only – © Mibosma 2025

Mibosma – Begin living as you dream

pageri

★ What felt easiest to care for this week?
What area did I neglect or struggle with the most?
♥ What small win am 1 proud of?
Mibesme www.mibosma.com
For personal use only - © Mibosma 2025 Mibosma - Begin living as you dream page22

How did this week's self-care affect my
mood, energy, or mindset?
mood, energy, or minuset.
- Ing.
One thing I'd like to do better or
differently next week:
differently flext week:
AA:1 and
( MINO, BODY, SOUL / WWW. mibosma.com
For personal use only – © Mibosma 2025
Mibosma – Begin living as you dream page23

#### WEEKLY SELF-CARE TRACKER

Week 4 - You Are Worthy of Rest

Morning Routine Completed

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

MT WTFSS

Hydration

Did you drink at least 6-8 glasses of water today?

MTWTFSS

Mibesma www.mibosma.com

or personal use only – © Mibosma 2025

Mibosma – Begin living as you dream page24

#### Nourishing Meals

Did you eat meals that support your body?
(Healthy foods vs. processed or fast food)

## M T W T F S S

#### Morning Routine Completed

Did you wake up with intention? Did you follow your planned routine (e.g., stretch, prayer, reading, or journaling)?

M T W T F S S

Wibesma www.mibosma.com

Mibosma – Begin living as you dream

pagezo

#### Took a Mindful Break

Did you pause to breathe deeply, meditate, or enjoy a moment of stillness?

## M T W T F S S

#### Digital Detox

Did you take intentional time away from screens, social media, or unnecessary scrolling?

M T W T F S S



Mibosma - Begin living as you dream

#### Slept Enough

Did you get at least 7-9 hours of restful sleep?

## M T W T F S S

## Did Something Just for Me

Did you do something you love today - just for joy, peace, or relaxation?

M T W T F S S



#### Reflected or Journaled

Did you take a moment to write, reflect, or connect with your inner self?

## M T W T F S S

## **\* Weekly Reflection**

Let this week be softer. Tune into what you need most.

www.mibosma.com
For personal use only - @ Mibosma 2025

Mibosma – Begin living as you dream

★ What felt easiest to care for this week?
What area did I neglect or struggle with the most?
♥ What small win am I proud of?
Mibesma ma.ass.yas www.mibosma.com
For personal use only – © Mibosma 2025
Mibosma – Begin living as you dream page29

How did this week's self-care affect my
mood, energy, or mindset?
in the second se
One thing I'd like to do better or
differently next week:
"Progress is built on small,
loving actions done
consistently."
<u>— Mibosma 💫</u>
Mibesma
Www.mibosma.com For personal use only - © Mibosma 2025
Mibosma – Begin living as you dream page 30

## Keep Nurturing Your Inner Peace

You've just completed a full cycle of self-care — with presence, softness, and intention.

That in itself is something worth celebrating.

You showed up. You tuned in. You honored your needs.

And that's where transformation begins. 🛠



# **T** Want More Gentle Guidance?

We've created more free tools to help you on your personal growth journey.

Each one is designed with the same love and clarity — to guide, support, and uplift you wherever you are.



#### Explore more tools like:

- Daily Gratitude Prompts reconnect with what truly
   matters
- Self-Discovery Journal get to know your inner world
- Mini Habit Tracker build new patterns, step by step
- Guided Mindset
   Meditations breathe, center,
   reset



- Download these and more at: www.mibosma.com/tools
- Follow us on Instagram → @mibosma

Because you deserve tools that remind you: You are enough. You are growing. You are not alone.

With love, The Mibosma Team 💖

