



SELF-CARE ROUTINE TRACKER

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

v1.0 - March 2025



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma - Begin living as you dream

page1

♥ 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.



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma - Begin living as you dream

page2





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?

M T W T F S S



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page3



 **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



www.mibosma.com

For personal use only - © Mibosma 2025

 **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



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma - Begin living as you dream

page5





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



www.mibesma.com

For personal use only - © Mibesma2025

Mibesma – Begin living as you dream

page6



 **Reflected or Journalled**

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

M T W T F S S

Weekly Reflection

Onesmall steptowardcaring for yourself is already a powerful shift.



www.mibosma.com

Forpersonaluseonly-© Mibosma2025
Mibosma – Begin living as you dream page7

★ 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?



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma - Begin living as you dream

page 8

✦ 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

page 9



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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page 10



 **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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma - Begin living as you dream

page 11



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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma - Begin living as you dream

page12





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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page13

 **Reflected or Journalled**

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

M T W T F S S

Weekly Reflection

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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page 14

★ 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?



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

page 16



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)?

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



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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma - Begin living as you dream

page18

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



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma - Begin living as you dream

page19

 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



www.mibosma.com

For personal use only – © Mibosma2025

Mibosma – Begin living as you dream

page20

 **Reflected or Journalled**

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.



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page 21

★ 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?



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?

🔄 One thing I'd like to do better or differently next week:



www.mibosma.com

For personal use only - © Mibosma2025

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)?

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



www.mibosma.com

For personal use only – © Mibosma 2025

Mibosma – Begin living as you dream

page 24



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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page25

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



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma - Begin living as you dream

page 26



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



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma – Begin living as you dream

page27



 **Reflected or Journalled**

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

page 28

★ 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?



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page 29

★ 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:

“Progress is built on small, loving actions done consistently.” – Mibosma



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. 🌱



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma – Begin living as you dream

page31

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.



www.mibosma.com

For personal use only - © Mibosma 2025

Mibosma – Begin living as you dream

page 32

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**



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma – Begin living as you dream

page33

👉 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 🌸**



www.mibosma.com

For personal use only - © Mibosma2025

Mibosma - Begin living as you dream

page34