FREE PRINTABLE

Daily care checklist

Tick what you did. Leave the rest.

Morning

- [ ] Water on waking
- [ ] Wash face and moisturize
- [ ] Sunscreen
- [ ] Something to eat

Daytime

- [ ] Move for ten minutes
- [ ] Fresh air
- [ ] Water refills
- [ ] Eat lunch away from the screen

Evening

- [ ] Cleanse and moisturize
- [ ] Phone away an hour before bed
- [ ] Tomorrow's top one task
- [ ] Lights low

One kind thing for me today