

# MY SELF CARE PLAN

Type	Daily Self-Care Activities	S	M	T	W	T	F	S
	<b>Weekly Self-Care Activities</b>							
	<b>Bi-Weekly Self-Care Activities</b>							
	<b>Monthly Self-Care Activities</b>							

**C = Cognitive    E = Emotional    P = Physical    S = Social    SP = Spiritual**

