

Self-Care checklist





	m	t	W	th	f	5	5
make							
brush teeth				0 0 0			
Wash face	0 0 0						
ADHD	0 0 0			0 0 0	0 0 0	0 0 0 0	
get dressed	0 0 0					0 0 0 0	
eat breakfast	0 0 0					0 0 0	
pack bag							
drink water	0 0 0						
eat	0 0 0			0 0 0			
eat dinner	0 0 0	• • •		0 0 0		0 0 0 0	• • •
Shower							
take meds (p.m.)							
Wash Face		• • •					
brush teeth		0 0 0		• • •			



