



# Self-Care Check Out

What could you do today?

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|                       |       |
|-----------------------|-------|
| Go outside for a walk | £0.00 |
| Read a book           | £0.00 |
| Simple stretches      | £0.00 |
| Listen to music       | £0.00 |
| Text a friend         | £0.00 |
| Tidy your room        | £0.00 |
| Eat some fruit        | £0.00 |
| Draw/paint            | £0.00 |
| .....                 |       |
| Total                 | £0.00 |

