

# My Self-Care Checklist



**I GOT THIS!!**



**Living my Best Life with Epilepsy.**



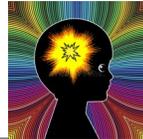
Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

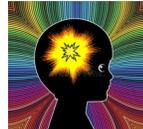
Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

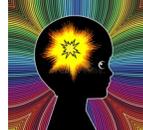
Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax. 	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax.  <small>Relax</small>	

Day/Date: \_\_\_\_\_

Add an X after each one you do today:

How did I take care of myself today?	X
I ate healthy Food. 	
I got good sleep/rest. 	
I got some exercise. 	
I took my Medicine. 	
I spent time with friends. 	
I stayed away from triggers. 	
I had quiet time to relax.  <small>Relax</small>	