

Self-care log

Use this chart to record information about daily exercise, sleep and how you feel.

Today's physical activity	Notes: How I felt before/during/after each activity	
Activity/minutes		
Activity/minutes		
Activity/minutes		
Activity/minutes		
Activity/minutes		
Activity/minutes		
Activity/minutes		
Activity/minutes		
Activity/minutes		

My sleep record				
Time I went to bed	Time I fell asleep	Wake up time	Total hours	Notes (Do I feel rested? Was I awake during the night?)