



Seven-Day Self-Care Tracker

Small acts of care, one day at a time.

A practical tracker to help you notice your needs, experiment with supportive habits and reflect without judgement.

A gentle, practical resource from Align with Sari

01 Self-care that fits real life

Self-care is not a reward you must earn. It is the ongoing practice of noticing your needs and responding where possible. It can include rest, boundaries, nourishment, movement, connection, play, support and quiet.

Why it can help

Tracking self-care can make invisible needs more visible and help you notice patterns. The aim is not to complete every item—it is to learn what genuinely supports you.

How to use this tracker

- Choose small, realistic actions.
- Use the tracker as information, not a judgement.
- Adapt your plan around energy, responsibilities and health needs.
- Include one thing that feels enjoyable, not merely productive.

My self-care intention

This week, I would like to feel more _____.

One small way I can support myself is _____.

02 Seven-day self-care tracker

Tick what you practised, then add a note about how it affected your energy or mood. A blank box is not a failure; it is simply information.

Day	Body	Mind	Connection	Rest/joy	Notes
1	☐	☐	☐	☐	_____
2	☐	☐	☐	☐	_____
3	☐	☐	☐	☐	_____
4	☐	☐	☐	☐	_____
5	☐	☐	☐	☐	_____
6	☐	☐	☐	☐	_____
7	☐	☐	☐	☐	_____

Ideas you can choose from

- ☐ Drink water or eat something nourishing
- ☐ Take a short walk or stretch
- ☐ Pause for three slow breaths
- ☐ Ask for help or communicate a boundary
- ☐ Spend time in nature
- ☐ Rest without needing to justify it
- ☐ Do something playful or creative

03 Reflect and refine

Which practice supported me most?

What made self-care difficult?

What could I make easier next week?

What support, boundary or conversation might I need?

My three gentle commitments

1. _____
2. _____
3. _____

Remember: You do not have to do this perfectly. Take what supports you, adapt what does not, and return whenever you need to.

About Align with Sari

I offer a warm, personalised approach to wellbeing through life coaching, specialist ADHD life coaching, yoga, Ayurveda, massage and restorative practices. My intention is to help you reconnect with yourself and create realistic changes that fit your life.

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