

# EVENING SELF-CARE TRACKER

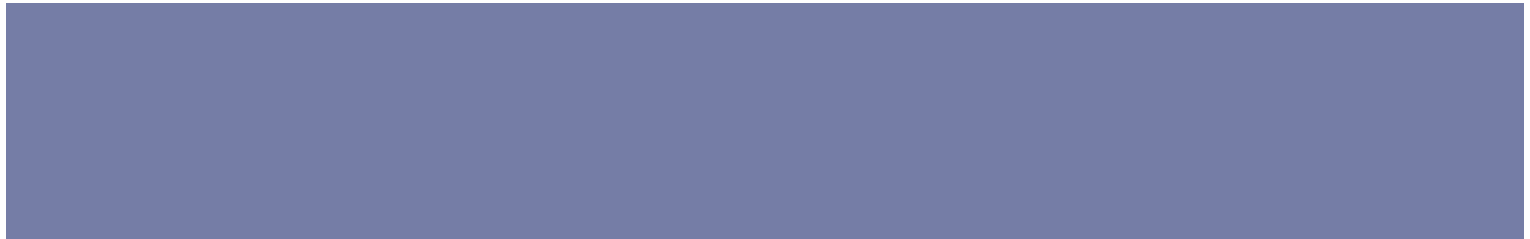
## MENTAL



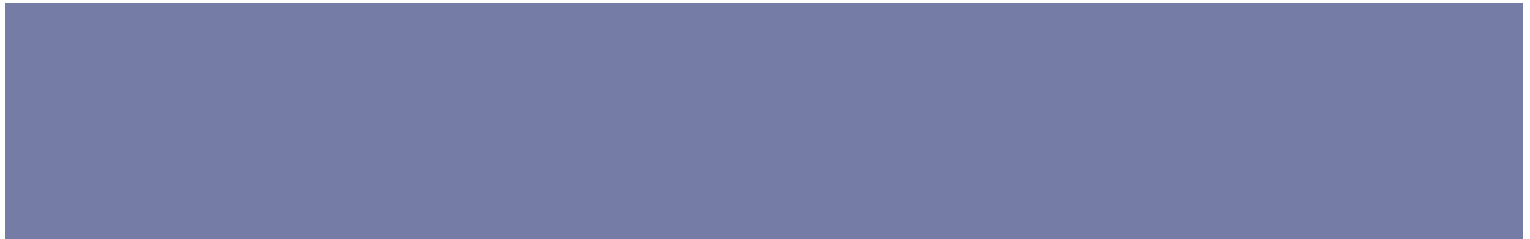
## PHYSICAL



## SPIRITUAL



## EMOTIONAL



## SOCIAL

