

▶▶▶ SELF-CARE SUNDAY CHALLENGE ▶▶▶

NAME: _____



FOR SELF-CARE IDEAS, SCAN HERE



SELF-CARE ACTIVITY
FOR THE DAY

HOW DID IT
MAKE YOU FEEL?

WEEKLY REFLECTION

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

What I loved about this week:

What was hard for me this week:

What I loved about this week:

What was hard for me this week:

What I loved about this week:

What was hard for me this week:

What I loved about this week:

What was hard for me this week:

What I loved about this week:

What was hard for me this week:

RETURN TO YOUR HY-VEE CUSTOMER SERVICE FOR YOUR PRIZE!