

GLOW PROGRAM
IT'S TIME TO SHOW YOUR INNER GLOW

(DAILY)
SELF-CARE

DATE ____ / ____ / ____

S M T W T F S

CHECKLIST

- MAKE YOUR BED
- TAKE YOUR MEDICATIONS & VITAMINS
- SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEANING HOUSE
- WASHING CLOTHES
- LISTEN TO MUSIC
- HAVE A POWER NAP
- SOCIAL MEDIA BREAK
- TAKE A LONG BATH
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- CALL A FRIEND OR FAMILY
- MEDITATION
- WATCH A MOVIE
- CUDDLE A PET OR HUMAN
- TRY A NEW RESTAURANT
- MAKE TIME TO READ
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

HOURS OF SLEEP (HOURS)



WATER BALANCE (GLASS)



THINGS THAT
MAKE ME
HAPPY TODAY

MOOD

