



Marginal Gains Self-Care Tracker

USE OVER A WEEK FOR IMPROVED MENTAL WELLBEING. THIS WILL HIGHLIGHT WHERE YOU'RE ALREADY MAKING MARGINAL GAINS - AND IMPORTANTLY, HOW YOU CAN MAKE MORE!

	Mon	Tues	Weds	Thur	Fri	Sat	Sun
	✓	✓	✓	✓	✓	✓	✓
HAVE I HAD ENOUGH SLEEP?							
 HAVE I DRUNK ENOUGH WATER?							
HAVE I EATEN HEALTHILY?							
 HAVE I AVOIDED CAFFEINE/ALCOHOL?							
 HAVE I TAKEN A BREAK?							
HAVE I BEEN OUTSIDE? 							
HAVE I TALKED TO SOMEONE?							
HAVE I DONE SOME EXERCISE?							
 HAVE I DONE A BREATHING EXERCISE?							
HAVE I DISTRACTED MYSELF FROM WORRYING/NEGATIVE THOUGHTS?							
HAVE I TRIED TO BE MINDFUL? 							
 HAVE I BEEN KIND TO MYSELF?							

What I need to plan to do more of: