My Goal: (Choose one at a time.)

Action Step: 2 I will create an ergonomic workspace. Action Step: 3 I will care for my eyes while teaching. Action Step: 4 I will care for my voice while teaching. Action Step: 5 I will use relaxation strategies while teaching. Action Step: Teaching Self-Care Tracker: In the chart below, put a tally mark each time you do your action step. At the end of the day, add up your tally marks. MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	Action Step:					
Action Step: 3 will care for my eyes while teaching. Action Step: 4 will care for my voice while teaching. Action Step: 5 will use relaxation strategies while teaching. Action Step: Teaching Self-Care Tracker: In the chart below, put a tally mark each time you do your action step. At the end of the day, add up your tally marks.						
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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	At the end of the day	r, add up your tally ma	arks.		·	
	MONDAY	THECDAY	WEDNECDAY	THURSDAY		
	MONDAI	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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	MONDAI	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	MONDAI	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	МОПРАТ	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	MONDAI	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	MONDAI	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Total: Total: Total: Total: Total:						
	Total:	Total:	Total:	THURSDAY Total:	Total:	
END OF THE WEEK REFLECTION						
I will keep the same goal next week.	Total:	Total:				