

My Goal: I will have minutes of "Me Time" days a week.

"Me Time" Tracker: In the chart below, schedule your "Me Time" for the week.

Be sure to write how long you will spend doing the activity.

For example, on Wednesday, you might say pedicure – 30 minutes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
Activity:	Activity:	Activity:	Activity:	
Time Spent:	Time Spent:	Time Spent:	Time Spent:	
FRIDAY	SATURDAY	SUNDAY	<div style="background-color: #e91e63; color: white; padding: 5px;">END OF THE WEEK REFLECTION</div> <p>I met my "Me Time" goal this week. Next week, my goal will be minutes times a week.</p> <p>I didn't meet my "Me Time" goal, so I will keep it the same next week.</p>	
Activity:	Activity:	Activity:		
Time Spent:	Time Spent:	Time Spent:		