

# Self-Care Plan

Physical health	Emotional health
<p>Plan to do:</p> <p>Daily <input type="checkbox"/></p> <p>Weekly <input type="checkbox"/></p> <p>Monthly <input type="checkbox"/></p> <p>Quarterly <input type="checkbox"/></p> <p>Annually <input type="checkbox"/></p>	<p>Plan to do:</p> <p>Daily <input type="checkbox"/></p> <p>Weekly <input type="checkbox"/></p> <p>Monthly <input type="checkbox"/></p> <p>Quarterly <input type="checkbox"/></p> <p>Annually <input type="checkbox"/></p>
Mental Health	Soul Health
<p>Plan to do:</p> <p>Daily <input type="checkbox"/></p> <p>Weekly <input type="checkbox"/></p> <p>Monthly <input type="checkbox"/></p> <p>Quarterly <input type="checkbox"/></p> <p>Annually <input type="checkbox"/></p>	<p>Plan to do:</p> <p>Daily <input type="checkbox"/></p> <p>Weekly <input type="checkbox"/></p> <p>Monthly <input type="checkbox"/></p> <p>Quarterly <input type="checkbox"/></p> <p>Annually <input type="checkbox"/></p>