



30-Day Simple Self-Care Tracker

DAY 1 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 2 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 3 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 4 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 5 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 6 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 7 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment
DAY 8 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 9 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 10 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 11 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 12 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 13 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 14 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment
DAY 15 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 16 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 17 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 18 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 19 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 20 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 21 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment
DAY 22 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 23 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 24 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 25 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 26 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 27 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 28 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment
DAY 29 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	DAY 30 <input type="checkbox"/> Movement <input type="checkbox"/> 80% ERF <input type="checkbox"/> Me Moment	Targets: <input type="checkbox"/> Movement: Daily movement activity for at least 20 minutes <input type="checkbox"/> 80% ERF: Eat real foods (that grow from the earth or come from a healthy animal source) 80% of the day <input type="checkbox"/> Me Moment: Daily, quiet, distraction-free moment for at least 20 minutes				