

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Get out of bed							
Shower							
Take Meds							
Clean One Thing							
Tend to Something/Someone							
Go Outside							
While Outside, focus on a sound, a smell, and a sight							
Eat at least 2 meals							
Drink enough water							
Reach out to a human outside your home							
Do one thing to get your heart rate up (exercise)							
Do one thing you will be glad you did later							
Find something to laugh at							
Take a moment to look forward to something, both short term and long term							
Keep informed, but don't obsess							
Do one thing just because you want to							
3 -2- 1 Sleep (food, work, screens)							