

Name: _____

Week starting: ____/____/____

Daily actions: Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Accountability contact name and preferred method: _____

One self-care action this week: _____

Reflection at week end (3 sentences):

Name: _____

Week starting: ____/____/____

Daily actions: Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Accountability contact name and preferred method: _____

One self-care action this week:

Reflection at week end (3 sentences):
