

CPTSD Warrior Self Care Routine

Dates: _____

Weekly Tracker

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (30 min+ walk)							
Stretch/Yoga							
Meditate (morning)							
Affirmations							
Journal (30 min)							
Read (30 min)							
Create (30 min)							
Meditate (evening)							
Weights							