



Self-Care Tracking Sheet for NPO Professionals

Week of: _____

Task Completed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual
Physical Maintenance (Earth)									
Supplements - vitamins/minerals/herbs									
Exercised at least 20 minutes									
Other									
Mental Maintenance (Air)									
Professional books/magazines read									
Daily Meditation - 10 minutes or longer									
Other									
Emotional Maintenance (Water)									
Something done for yourself									
Something done for someone else									
Other									
Spiritual Maintenance (Fire)									
Inspirational Activity/reading									
Time in nature									
Other									
General Attitude Scale (1-10)									

“Take care of yourself so you can contribute most effectively”

Pamela Ziemann