

# Self Care Checklist



TOLEDO MOMS<sup>SM</sup>

30 Days with Toledo Moms



WEEK ONE
m
t
w
h
f
s
su

WEEK TWO
m
t
w
h
f
s
su

WEEK THREE
m
t
w
h
f
s
su

WEEK FOUR
m
t
w
h
f
s
su