



Morning Checklist

SELF CARE



Brush Teeth



Rinse Face



Moisturize



DGL Pill



Omeprazole Pill



Eat Breakfast



Tidy Up (Laundry,
Sweeping, Cat Care)



Evening Checklist

SELF CARE



Brush Teeth



Floss



Wash W/Oil Cleanser



Retinol Cream and HCL



Moisturize



Cup of Chamomile
Tea



Tidy Up Before Bed