



Glow & Grow Girls

My Glow & Grow Tracker

Tick off the steps you take. Every box you check is a little win. You don't have to do them all!

Week of: _____

Glow Care (body & skin)

- ☐ Wash my face morning and night
- ☐ Drink a glass of water
- ☐ Brush and floss my teeth
- ☐ Put on moisturizer
- ☐ Wear sunscreen before going outside
- ☐ Get my body moving for 15+ minutes
- ☐ Eat something colorful today

Grow Mind (confidence & calm)

- ☐ Say one kind thing to myself in the mirror
- ☐ Write in my weekly journal
- ☐ Read or pull one affirmation card
- ☐ Take 3 slow, deep breaths when stressed
- ☐ Try one new thing, even if it's small
- ☐ Notice one thing I'm grateful for

Glow Together (people & kindness)

- ☐ Do one kind thing for someone else
- ☐ Talk to a trusted grown-up or friend
- ☐ Ask for help when I need it
- ☐ Unplug from my screen for a while
- ☐ Tidy one small space around me

Look how far you've grown. You are glowing!