



# SELF-CARE

DATE

NAME

SCORE

START BY SCANNING QR CODE TO TAKE SELF CARE ASSESSMENT.  
LIST YOUR 3 BODY, MIND & SPIRIT HABITS YOU PLAN TO START OR CONTINUE  
THIS YEAR. LIST YOUR KEY HEALTH NUMBERS AND NOTE CONCERN AREAS.

## BODY

☐ SLEEP AT LEAST 8 HOURS☐ DRINK ENOUGH WATER☐ MORNING STRETCH☐ WRITE A MEAL PLAN☐ 30 MIN WALK OUTSIDE☐ SKINCARE ROUTINE

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## MIND

☐ READ A BOOK EVERY DAY☐ JOURNAL EVERY DAY☐ FIND A NEW HOBBY☐ LEARN SOMETHING NEW☐ JOIN A CLUB☐ CONNECT WITH LOVED ONES

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## SPIRIT

☐ PRACTISE MEDITATION☐ DAILY AFFIRMATIONS☐ EXPRESS GRATITUDE☐ COMMUNITY WORK☐ ACKNOWLEDGE EMOTIONS☐ POSITIVE THINKING

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## YOUR NUMBERS

☐ WEIGHT☐ BLOOD PRESSURE☐ BMI☐ MINDFULNESS☐ TOTAL CHOLESTEROL☐ .....☐ HDL☐ .....