

My Self-Care Report

Name: _____

Week Ending: ____/____/____

QUESTION	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Average/Comment
SLEEP									
I slept the following numbers of hours									
Was the sleep restful or restless?									
Within 15 minutes of being awake, I felt....									
EXERCISE									
How long did you exercise?									
What type of exercise did you do?									
EATING									
Did you eat a healthy breakfast?									
Did you eat a healthy lunch?									
Did you eat a health supper									
Did any snacks include a vegetable or fruit?									
Supplements & Medications									
Did you take any supplements as PCP approved?									
Did you take all your medications as prescribed?									
Substance use & misuse									
How much alcoholic drinks did you have today?									
<i>Reason for use or misuse was...</i>									
How much cannabis did you consume today?									
<i>Reason for use or misuse was....</i>									
Did you misuse any prescription medication ?									
<i>Reason for use or misuse was...</i>									
Did you use any drug (i.e., nicotine, cocaine, etc.)?									
<i>Reason for use or misuse was...</i>									
Stress and Response									
Greatest stressor today was...									
<i>How I coped was...</i>									
Relationship Building									
What did you do to improve your relationship....									
....with yourself?									
....with family?									
....with others?									
....with Higher Power/God?									

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INSTRUCTIONS

You may want to use a separate sheet of paper to help answer the questions.

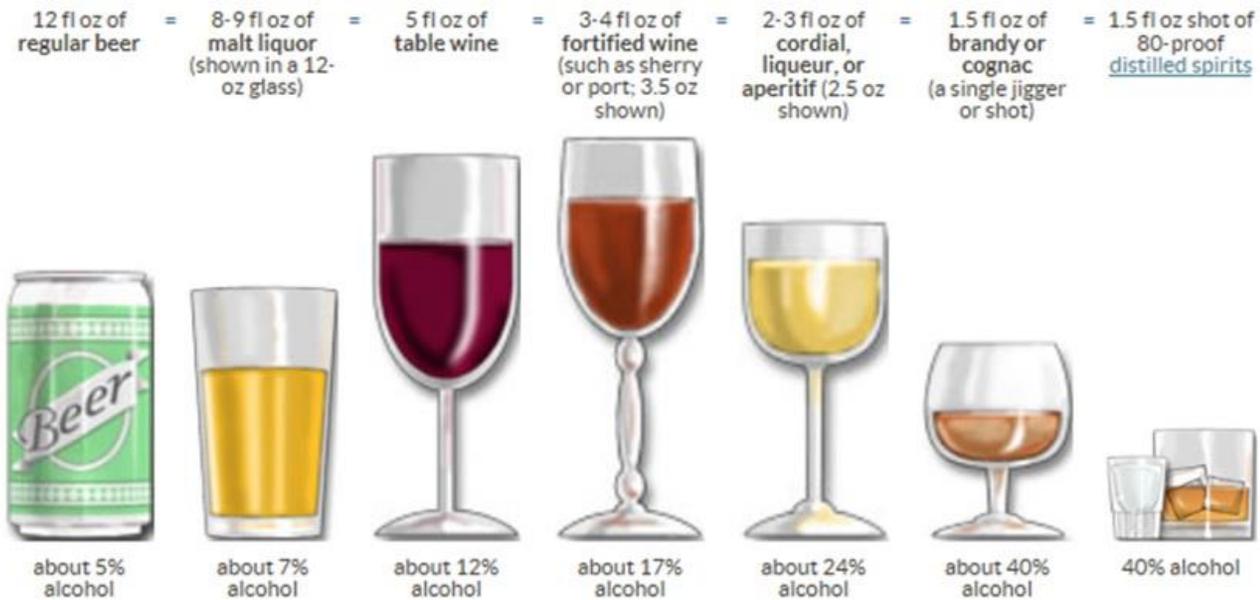
Please answer each question with a number or word as appropriate. For example, "I slept the following number of hours" on Sunday is "7.5". "The sleep was "restful." "Within 15 minutes of being awake, I felt great."

An example of an answer to the question on exercise would be "walking" for "30 minutes."

Please be mindful to only do exercises as approved by your medical providers, such as doctors, physical therapists, etc.

Please know a nutritionist may be of tremendous value in self-care.

An alcoholic drink is defined as the following:



(National Institute on Alcohol Abuse and Alcoholism, 2018)

<https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/What-counts-as-a-drink/Whats-A-Standard-Drink.aspx>