

Personal Care

Sleep

Are you getting enough sleep? Yes No

What do you need to do to improve on this?

Enjoyment

Are you doing something every week just for you? Yes No

What do you need to do to improve on this?

Diet

Are you properly feeding yourself? Yes No

What do you need to do to improve on this?

Activity

Are you staying physically active? Yes No

What do you need to do to improve on this?

Learning

Are you learning on a regular basis? Yes No

What do you need to do to improve on this?

Friends and Family

Are you spending quality time with friends and family? Yes No

What do you need to do to improve on this?