SELF-CARE REPORT CARD

"Prevention begins with being true to yourself"

This Self-Care Report Card is a quick and easy accountability tool to track and rate yourself daily or weekly to support your well-being.

As discussed in being a Life Athlete are a combination of energy modalities for being physically energized, emotionally connected, mentally focused and spiritually aligned. In contrast, the Report Card focuses more on a lifestyle and belief system to maintain your overall health.

Naturally, as you might expect with a Report Card, it features a point system with 100 being the perfect score. It also incorporates a weighted algorithm for which physical activity is the highest point-getter followed by sleep and nutrition combined with hydration and managing personal stress levels.

And within health and physical energy being most essential, the other priorities are for sleep, nutrition/hydration and stress management.

The assessment for stress is scored in the opposite way as the other criteria, which is to say it's about how little stress was incurred, be it by having a peaceful number of days and, especially, your ability to prevent, mitigate and release the remaining, unavoidable occurrences. Once again, this too regards the effective application of Earned Confidence.

For credibility purposes, the Report Card scoring system relies on guidelines for optimal activity, those being for exercise from the U.S. Department of Health and Human Services; recommendations for shut eye by the National Sleep Foundation, the Healthy Food Pyramid by Harvard, proper hydration from The Mayo Clinic and stress Management thresholds according to the National Institute of Mental Health (NAMI)

The Report Card may not be perfect but, like anything, give it a try to see if you'll find it useful to benchmark and improve your healthy habits. Of course, the true test will be for it to help you to get in better shape, sleep well, stay sharp, stress less and be the best possible version of an elite life athlete. If there's any certain, it's that you deserve it!

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Z-ISMS
INSIGHTS TO LIVE BY

LIFE UPGRADE

Self-Care Report Card

Daily | Monthly | Weekly

Vital Need	Health Activity	Rating
Physical Activity	**Awesome:** *Either* 30 minutes of moderate-intensity cardio activity at least five days (150 minutes total) per week *or* at least 25 minutes of vigorous aerobic activity three days (75 minutes total) per week AND strength training for all muscle groups at least 2 times per week.[1] **Not Bad**: Anything between Awesome and Not Great. **Not Great:** Little to no exercise beyond routine daily life.	Awesome = 40 Not Bad = 30 Not Great = 10
Sleep Quality	**Awesome:** Between 7 to 9 hours per night at generally consistent times going to bed and awaking.[2] **Not Bad:** Between 6 to 7 hours per night and/or having an inconsistent schedule. **Not Great:** Under 6 hours per night (on average).	Awesome = 25 Not Bad = 15 Not Great = 10
Nutrition & Hydration	**Awesome:** For nutrition, you *know* how Awesome you've been or not. For hydration, consume the equivalent of eight 8-ounce glasses of water (for men) per day or 7 glasses (for women).[3] **Not Bad:** You know if you've been less than Awesome or Not Great. **Not Great:** Need we say more?	Awesome = 15 Not Bad = 10 Not Great = 5
Stress Management	**Awesome:** Stress is an unvoidable part of life. If you have had a stressful time, you proactively minimized or mitigated it and diminished that stress through exercise, meditation or some other coping skill.[4] **Not Bad:** Anything between Awesome and Not Great. **Not Great:** Your stress level causes obvious emotional or mental fatigue.	Awesome = 20 Not Bad = 10 Not Great = 0

GRADES: **A = 85+** **B = 70+** **C = 55+** **D = 40+** **F = <40** **TOTAL: ____**

Guideline Sources:

1: U.S. Department of Health and Human Services
2: National Sleep Foundation
3: The Mayo Clinic (hydration)
For nutrition: consult the Harvard Healthy Food Pyramid
4: National Institute of Mental Health

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