



Self-Care Report Card

Daily | Monthly | Weekly

Vital Need	Health Activity	Rating
Physical Activity	<p>Awesome: <i>Either</i> 30 minutes of moderate-intensity cardio activity at least five days (150 minutes total) per week <i>or</i> 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</p> <p>Not Bad: Anything between Awesome and Not Great.</p> <p>Not Great: Little to no exercise beyond routine daily life.</p>	<p>Awesome = 40 Not Bad = 30 Not Great = 10</p>
Sleep Quality	<p>Awesome: Between 7 to 9 hours per night at generally consistent times going to bed and awaking.²</p> <p>Not Bad: Between 6 to 7 hours per night and/or having an inconsistent schedule.</p> <p>Not Great: Under 6 hours per night (on average).</p>	<p>Awesome = 25 Not Bad = 15 Not Great = 10</p>
Nutrition & Hydration	<p>Awesome: For nutrition, you <i>know</i> 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</p> <p>Not Bad: You know if you've been less than Awesome or Not Great.</p> <p>Not Great: Need we say more?</p>	<p>Awesome = 15 Not Bad = 10 Not Great = 5</p>
Stress Management	<p>Awesome: Stress is an unavoidable 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</p> <p>Not Bad: Anything between Awesome and Not Great.</p> <p>Not Great: Your stress level causes obvious emotional or mental fatigue.</p>	<p>Awesome = 20 Not Bad = 10 Not Great = 0</p>



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