

## How am I doing at Self Care?

Take a minute to assess where you are having success at self care and where you might need a little extra TLC and then come on back to TakeCareofMom to get some great ideas and lots of support in taking radically good care of yourself! \*Higher scores indicate better self care.

3                      2                      1                      0  
I do this well      I do this OK          I rarely do this      I never do this

### Restorative Sleep

- I get a minimum of 7 hours of sleep a night
- I take naps when I miss sleep
- I only use my bed for sleep and sex
- I usually keep my room very dark and eliminate the light from electronics
- I avoid screen time for at least a half hour before bed
- I usually go to bed around the same time each night
- I have a routine that helps me unwind at bedtime
- 
  
- TOTAL (0-21)

### Nutrition

- I eat breakfast every day
- I eat much of my food in its most natural state as opposed to processed
- I eat smaller meals throughout the day
- I drink 6-8 glasses of water each day
- I eat at least 5 servings of fruits and veggies a day
- I see food as fuel that nourishes my body
  
- TOTAL (0-18)

### Movement

- I love to move my body everyday
- I often go for walks
- I take time to dance and play sports with my family and friends
- I have found ways to exercise that make me happy
- When I am upset, I go for a walk or work out
- When I want to improve my sleep at night, I make sure to exercise that day
  
- TOTAL (0-18)