

Self-Care Inventory

Name:

Age:

Date:

This Self-Care Inventory is designed to help you assess your current self-care practices and identify areas for improvement. Please rate each statement based on how often you engage in the following self-care activities, using the following scale:

- 1 – Never
- 2 – Rarely
- 3 – Sometimes
- 4 – Often
- 5 – Always

Physical Self-Care	1	2	3	4	5
Eat regularly (e.g., breakfast, lunch, and dinner) (text field)	☐	☐	☐	☐	☐
Eat healthy food.	☐	☐	☐	☐	☐
Exercise consistently.	☐	☐	☐	☐	☐
Get regular medical care for prevention.	☐	☐	☐	☐	☐
Get medical care when necessary.	☐	☐	☐	☐	☐
Take time off when sick	☐	☐	☐	☐	☐
Engage in physical activities that are enjoyable (e.g., dance, swim, walk)	☐	☐	☐	☐	☐
Get enough sleep	☐	☐	☐	☐	☐
Take vacations	☐	☐	☐	☐	☐
Wear clothes you like	☐	☐	☐	☐	☐
Take day trips or mini-vacations	☐	☐	☐	☐	☐
Make time away from phones, gadgets, and the Internet	☐	☐	☐	☐	☐

Example Self Report Inventory Test Manual

O García



Example Self Report Inventory Test Manual:

Example Self Report Inventory Test Manual Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Example Self Report Inventory Test Manual**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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