

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

G Thomas



Example Self Report Inventory Test Manual:

Unveiling the Magic of Words: A Report on "**Example Self Report Inventory Test Manual**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Example Self Report Inventory Test Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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