

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

Yicheng Fang



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