



Self Care Assessment

Question	Yes	No	How I can improve on this...
Sleep and relaxation:			
Do you sleep for at least 7 hours a night?			
Do you always sleep soundly?			
Is your mattress less than 10 years old?			
Is your bedroom a relaxing, peaceful haven?			
Do you meditate or undertake another appropriate stress-reduction process for a minimum 20 minute period each day?			
Do you find it easy to “switch off” after a day at work?			
Food :			
Do you eat breakfast?			
Do you eat a minimum of 5 portions of fruit/vegetables a day?			
Do you drink at least 8 glasses of water a day?			
Do you limit your intake of caffeine, sugar, salt and saturated fats?			
Do you select wholemeal products over refined?			
Do you limit your intake of red meat?			
Do you avoid eating highly processed/ pre-prepared meals/food items?			
Do you optimise your diet, as appropriate, with responsible use of vitamins, minerals and other supplements?			
Healthcare :			
Is your Body Mass Index (BMI) under 25? (To calculate BMI divide weight in kilograms by height in metres squared).			

Question	Yes	No	How I can improve on this...
Do you take optimum care of outstanding health conditions?			
Do you carry out regular breast/testicular self examinations?			
Is your cholesterol level below 5?			
Is your blood pressure within the normal range?			
Do you only feel depressed for short periods of time (following personal crises or traumas)?			
Do you attend for a dental check up at least every six months?			
Do you use a good quality toothbrush, dental floss, toothpaste and mouthwash every day?			
Do you regularly attend for appropriate age related health checks (e.g. cervical and bowel examinations)?			
Are you free of sexually transmitted diseases or managing infectious STDs responsibly?			
Do you always practice safe sex (unless you have explicitly agreed otherwise within a monogamous relationship)?			
Exercise :			
Do you take a minimum of 10,000 steps each day?			
Do you undertake strength building exercise at least twice a week (for a minimum of 20 minutes each time)?			
Do you undertake stretching/ flexibility exercise at least three times a week (for a minimum of 20 minutes each time)?			
Do you undertake aerobic activity at least three times a week (for a minimum of 20 minutes each time)?			
Do you always choose to take the stairs over using an escalator or elevator?			



Question

Yes No

How I can improve on this...

Leisure :

Do you always drink less than the recommended daily alcohol allowance?

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Do you always avoid binge drinking?

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Have you stopped/never started smoking?

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Do you always refuse "leisure" drugs?

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Do you watch TV selectively and for no more than two hours a day?

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Do you undertake at least one highly pleasurable leisure activity at least once a week (for at least 1 hour each time)?

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Do you take regular vacations?

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Relationships :

Do you have at least one relationship where you feel accepted and esteemed?

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Do you have at least three good friends?

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Are your family relationships suitably satisfying for you?

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Are relationships with colleagues and customers both positive & professional?

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Are you competent at resolving conflict?

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Self Management :

Do you have minimal, well-managed debt?

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Do you regularly spend time developing new professional skills?

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Do you regularly spend time developing at least one enjoyable hobby or interest?

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Do you regularly work with a Coach/other ally to optimise the quality of your life?

		See www.wisecaterpillar.com re: coaching
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Question	Yes	No	How I can improve on this...
Home and Work Life :			
Are your home and workspaces clutter free and well maintained?			
Do your home and office spaces have good air quality?			
Is your home & office seating comfortable?			
Do you have a space in your home you can call your own?			
Are your paper and computer records up to date and appropriately managed?			
Do you limit your use of chemical cleaning agents and environmentally hazardous household and office products?			
Health & Safety :			
Have you installed appropriate security measures in your home and workspace?			
Do you have smoke alarms, fire extinguishers and carbon monoxide detectors in your home and office spaces?			
Have you recently taken a basic first aid course or refresher course?			
Do you always wear a seatbelt when in a moving car?			
Do you always avoid driving after drinking alcohol/taking medication?			
Do you always drive within the legal speed limits?			
Do you always wear appropriate safety clothing when working/carrying out DIY/gardening?			
Do you always use appropriate safety guards/equipment when working/carrying out DIY/gardening?			
Is your workplace and home ergonomically optimised for your height, build and abilities?			