

## Physical Self-Care



### Physical Self Care

Got Enough Sleep \_\_\_\_\_

Balanced Diet \_\_\_\_\_

Get Regular Exercise \_\_\_\_\_

I prioritize rest and recovery when needed. \_\_\_\_\_

I stay hydrated throughout the day. \_\_\_\_\_

Your Score: \_\_\_\_\_

Each line is worth 5 points each If your total is 15 or below this is an area of concern.

If your assessment shows that **Physical Self-Care** could use some attention, let's take the first step together! Click here to start prioritizing your well-being today.

Which area do you feel needs the most attention right now? Click on the one you'd like to focus on first:

- **Getting Enough Sleep** – Improve your sleep quality and wake up feeling refreshed.
- **Staying Hydrated** – Ensure your body gets the hydration it needs for optimal health.
- **Balanced Diet** – Nourish your body with the right foods for energy and well-being.
- **Regular Exercise** – Build a movement routine that fits your lifestyle.
- **Prioritizing Rest & Recovery** – Learn how to listen to your body and

