### **Daily Practice Question and Scoring Sheet for Meducists**

Each question is rated on a **5-point scale** based on the Meducist’s self-assessment. Here’s the scale to use for scoring:

* **5** = Excellent (Consistently exceeds expectations; exemplary performance)
* **4** = Good (Meets expectations consistently)
* **3** = Satisfactory (Meets expectations but has room for improvement)
* **2** = Needs Improvement (Occasionally meets expectations but requires significant growth)
* **1** = Unsatisfactory (Fails to meet expectations; needs immediate attention)

#### **Instructions:**

For each question, circle your score from 1 to 5 based on your day’s performance. At the end of the day, add up the scores for an overall daily score.

| **Core Aspect** | **Sub-Value** | **Daily Question** | **Score (1-5)** |
| --- | --- | --- | --- |
| **Healthcare Proficiency** | **Medical Knowledge Mastery** | Did I dedicate time today to study or review medical knowledge and stay updated on advancements in my field? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
|  | **Clinical Skill Proficiency** | Did I perform clinical skills today to the best of my ability, ensuring accuracy and attentiveness to detail? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
| **Medical Education Capability** | **Educational Passion** | Did I actively seek opportunities to teach, share knowledge, or answer questions for others today? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
|  | **Mentorship Engagement** | Did I provide guidance or support to a mentee or junior colleague today, helping them progress in their learning? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
|  | **Contribution to Learning Resources** | Did I contribute to or create educational materials or resources that can benefit others? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
| **Ethical Self-Respect** | **Ethical Integrity** | Did I act with honesty and integrity today in all of my interactions, decisions, and communications? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
|  | **Ethical Leadership** | Did I demonstrate ethical leadership by addressing any ethical challenges directly or by setting a positive example for others? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
|  | **Rational Decision-Making** | Did I make thoughtful and rational decisions today, considering both immediate and long-term effects on well-being? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
| **Self-Care** | **Physical Well-Being** | Did I take proactive steps to care for my physical health today (e.g., exercise, nutrition, rest)? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
|  | **Mental and Emotional Resilience** | Did I practice mental resilience or self-care today to maintain my emotional well-being (e.g., mindfulness, stress management)? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |
|  | **Boundaries and Balance** | Did I maintain a healthy work-life balance today, setting boundaries as needed to preserve my energy and focus? | [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 |