

# My Self-Care Log

## Mindset

Self-Talk	
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## Mindfulness

SHMEC	1	10	Score
Sleep	Fitful, not enough	Restful, plenty	
Hunger	Hungry all day or not hungry	Appropriately hungry	
Mood	All over the place	Steady	
Energy	Low energy	High energy	
Clarity and Concentration	Foggy and distracted	Clear and focused	
Total			

## Fuel

	Time	Hunger Scale	What I Ate	Rest/Digest
Breakfast				
Lunch				
Dinner				
Snacks				

## Movement

NEAT: Steps/Take 5/ Exercise	
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## Rest

Physical, social, emotional, spiritual, sensory, mental, creative	
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