SelfCare Challenge Assessment *EXAMPLE*

(Rate: ⭐ 0 = none → 10 = intense. 🔄 = how often. Add wins to track your progress.)

	1.1.25	First Assesment	29th Jan	Water challenge	28th Feb	Eat more vegetables	28th Mar	NEAT Movement	🌟 Wins / Notes
Description of Body/ Health Symptom	⭐	🔄	⭐	🔄	⭐	🔄	⭐	🔄	
Headaches - dull pain all over head - worse when I walk or bend forward	*8*	*Daily*	*6*	*Weekly*	6	Fortnightly	5	Monthly	Fewer bad days, more clear mornings
Digestive bloating lower tummy discomfort– worse after dinner	7	Daily	7	Daily	5	2-3 x Week	4	Weekly	Clothes feel looser, more comfortable

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									🌟 Wins / Notes
Description of Body/ Health Symptom	⭐	🔄	⭐	🔄	⭐	🔄	⭐	🔄	

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									🌟 Wins / Notes
Description of Body/ Health Symptom	⭐	🔄	⭐	🔄	⭐	🔄	⭐	🔄	