



This self-evaluation invites you to reflect on how you care for the body, how you nurture its strength, and where you may be overlooking its needs. For each question, check “**Yes**” if the statement describes your usual behavior, “**No**” if it rarely or never does, or “**Needs Attention**” if you wish to improve.

● Before beginning, take time to relax your body and settle your mind. Sit in an upright position, with shoulders and arms at ease. Bring your attention to the steady rhythm of your breath. With each exhalation, release tension from the muscles of the face, neck, and shoulders. With each inhalation, invite fresh energy and vitality to fill your body. Feel as if life force were flowing through every cell, awakening strength, harmony, and wellbeing. ● When you feel centered and fully present, begin the reflections that follow, viewing yourself as a health counselor would—calmly, objectively, and with the intention to understand.

Diet and Nutrition

	Yes	No	Needs Attention
● I sleep deeply at night and wake up feeling rested.	☐	☐	☐
● I stretch or move my body soon after waking.	☐	☐	☐
● I drink a liter or more of water daily (not counting coffee or tea).	☐	☐	☐
● I eat at more or less the same times every day.	☐	☐	☐
● I include fresh fruits or vegetables in my diet every day.	☐	☐	☐
● After eating I feel satisfied and comfortable.	☐	☐	☐
● I fast occasionally or intermittently.	☐	☐	☐
● I avoid eating heavy meals late at night.	☐	☐	☐
● I limit stimulants—coffee, tea, chocolate, sugar, or energy drinks—to moderate amounts.	☐	☐	☐
● I maintain a steady level of energy throughout the day, refreshing it as needed.	☐	☐	☐
● I pay attention to posture when sitting, standing, and using a phone or computer.	☐	☐	☐
● On most days I engage in 30 minutes or more of physical activity—walking, yoga, gardening, or similar.	☐	☐	☐
● When sitting for long periods, I alternate with short periods of movement.	☐	☐	☐
● I take regular breaks during the day to rest and restore energy.	☐	☐	☐
● I handle minor aches or changes in health promptly.	☐	☐	☐
● I keep up with regular medical and dental checkups.	☐	☐	☐
● I dedicate one day a week to rest and relaxation.	☐	☐	☐
● I spend time in nature as much as possible.	☐	☐	☐