

Personal Wellness Assessment

	Did not make any plans devoted to this area	Did not follow plan	Partially met expectations	Met expectations	Exceeded expectations
1. Maintained healthy nutritional intake.					
2. Maintained my usual sleep pattern of ___ hours /night.					
3. Utilized stress reduction techniques.					
4. Scheduled one hour of white space (no activity).					
5. Participated in physical exercise for 30 minutes 3x/week.					
6. Participated in pleasurable activities with family/friends.					
7. Limited intake of alcohol, tobacco & other drugs including caffeine.					
8. Had nutritious meals on duty at clinical facility.					
9. Other (your own ideas).					