

Physical NEEDS CHECKLIST



Taking care of our bodies is our number one job. Friedrich Nietzsche said, "There is more wisdom in your body than in your deepest philosophy." What is your body teaching you? How can you do a better job taking care of it? Use this checklist to find the areas you can improve.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am getting enough sleep					
My room feels comfortable and safe					
My room is clean enough I can find things					
I am happy with my bed, mattress, pillows, and blankets					
I eat when I am hungry					
I stop eating when I am full					
I am eating fruits and vegetables at every meal					
I feel like I am getting enough vitamins and minerals					
I drink water throughout the day					
My clothes fit					
I have a good coat, warm blankets, gloves, and so on					
I get enough physical affection (hugs, kisses, etc)					
I get up and move throughout the day					
I get enough exercise					
I have a lot of physical pain					
I visit the doctor regularly					
I brush and floss my teeth at least once per day					

**"THE MOST REVOLUTIONARY THING YOU CAN DO IS LOVE YOUR BODY."
-UNKNOWN**

THE
Inspired
TEEN

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I use harmful substances					
I visit the dentist regularly					
I take the time to go to the bathroom when I need to					
I have regular bowel movements					
I shower or bathe daily					
I wash my clothes when they get dirty					
I feel like I do a good job with personal hygiene					
Do you have any concerns about your health?	<hr/> <hr/>				
I know who to talk to if I have any concerns about my physical health	Yes			No	

