

YOUR WELL-BEING BASELINE ASPECT SCORES

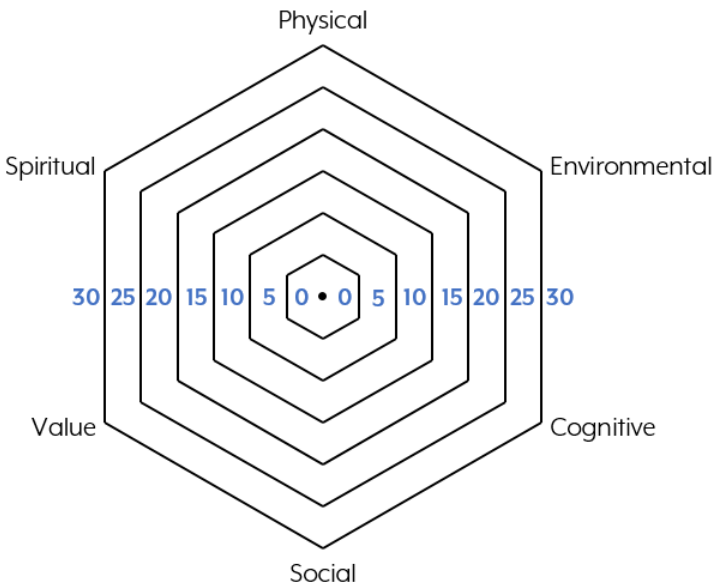
For convenience, copy your baseline aspect scores from the assessment in the Sub-total column below.

ASPECT RATIO	SUB-TOTAL
Physical	
Environmental	
Cognitive	
Social	
Value	
Spirituality	

Reference your sub-totals above when plotting your scores on the baseline radar graph:

WELL-BEING BASELINE

DATE:



Create an action plan for any aspects that seem to need improvement, using the space below:

CAREGIVER ACTION PLAN

Aspect:

Intentions:

Actions/Details:

First Check-In Date:

ONGOING MAINTENANCE

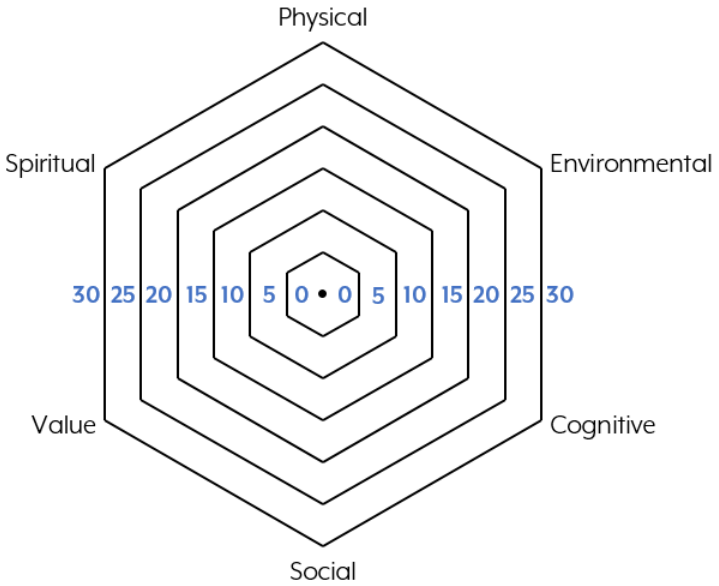
As a caregiver you are at a higher risk of physical, mental, and emotional health problems than your non-caregiving peers. Therefore, schedule time to do “wellness check-ins” to monitor these “vitals” at regular intervals. These check-ins should be viewed as an important part of your overall health maintenance plan.

When you do these subsequent check-ins, it’s not necessary to complete the entire assessment again. Simply think about each factor and whether you feel that your well-being in this area has improved, stayed the same or gotten worse.

Use the series of graphs that follow as a way to monitor your self-care plan and overall well-being at designated intervals over time. Write those dates in the spaces provided, and make calendar reminders to help you follow through.

Without completing the Self-Assessment again, what is your “gut instinct” about your scores on your first check-in date?

WELL-BEING MAINTENANCE	DATE:
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Create an action plan for any aspects that seem to need improvement, using the space below:

CAREGIVER ACTION PLAN

Aspect: _____

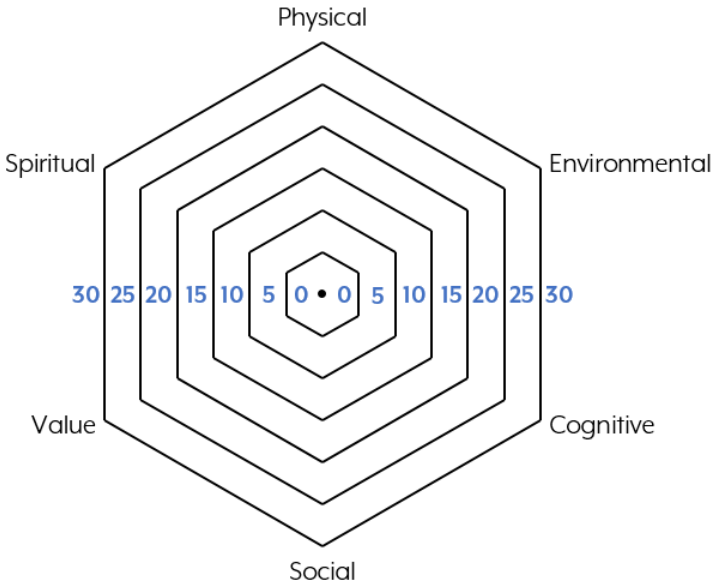
Intentions: _____

Actions/Details: _____

Next Check-In Date: _____

Use this radar graph to gauge your progress over time.

WELL-BEING MAINTENANCE	DATE:
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Create an action plan for any aspects that seem to need improvement, using the space below:

CAREGIVER ACTION PLAN

Aspect: _____

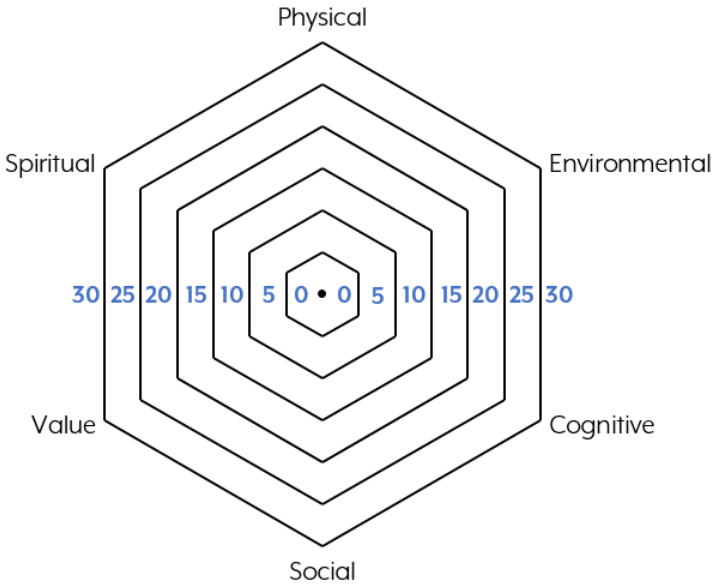
Intentions: _____

Actions/Details: _____

Next Check-In Date: _____

Use this radar graph to gauge your progress over time.

WELL-BEING MAINTENANCE	DATE:
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Create an action plan for any aspects that seem to need improvement, using the space below:

CAREGIVER ACTION PLAN

Aspect: _____

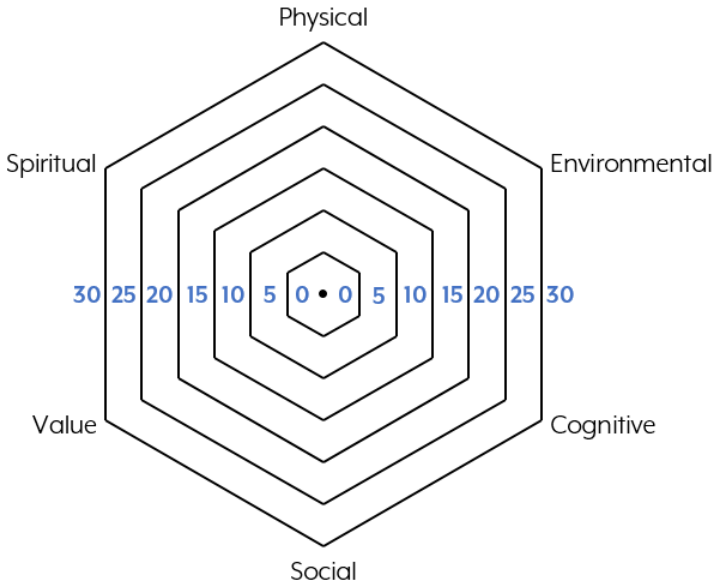
Intentions: _____

Actions/Details: _____

Next Check-In Date: _____

Use this radar graph to gauge your progress over time.

WELL-BEING MAINTENANCE	DATE:
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Create an action plan for any aspects that seem to need improvement, using the space below:

CAREGIVER ACTION PLAN

Aspect: _____

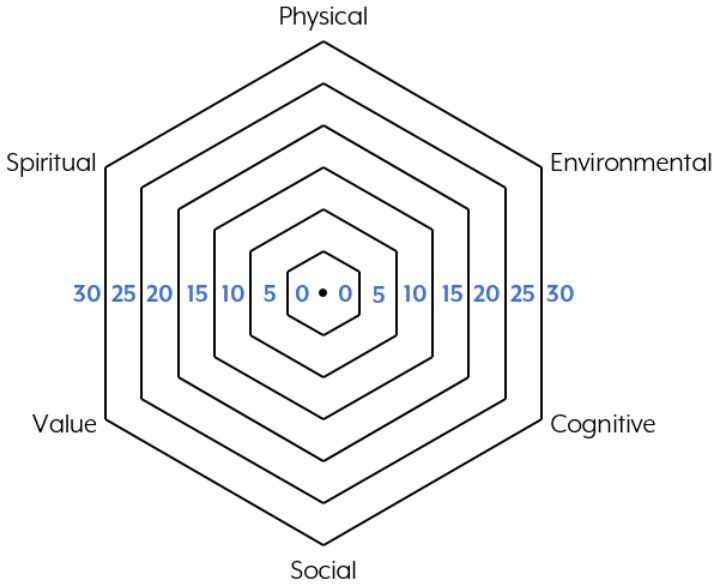
Intentions: _____

Actions/Details: _____

Next Check-In Date: _____

Use this radar graph to gauge your progress over time.

WELL-BEING MAINTENANCE	DATE:
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Create an action plan for any aspects that need improvement:

CAREGIVER ACTION PLAN

Aspect: _____

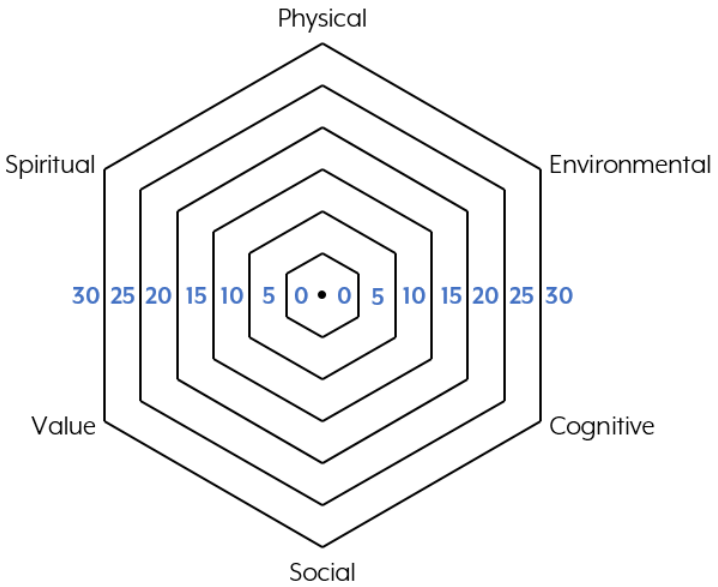
Intentions: _____

Actions/Details: _____

Next Check-In Date: _____

Use this radar graph to gauge your progress over time.

WELL-BEING MAINTENANCE	DATE:
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Create an action plan for any aspects that need improvement:

CAREGIVER ACTION PLAN

Aspect: _____

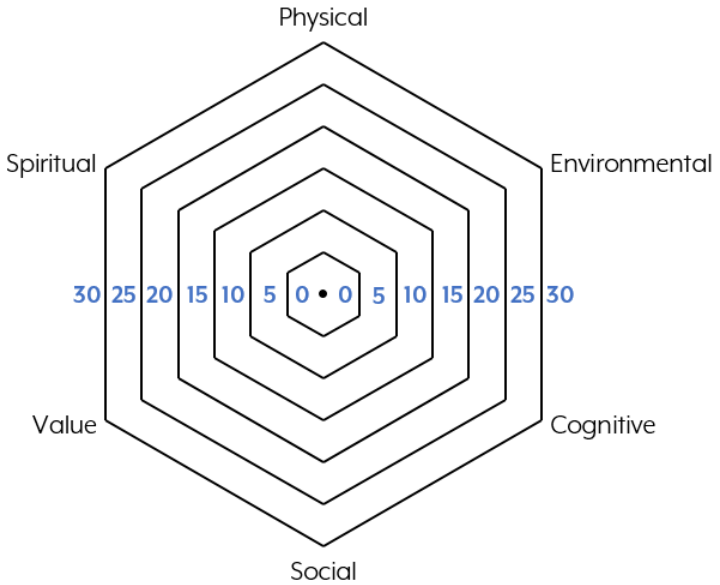
Intentions: _____

Actions/Details: _____

Next Check-In Date: _____

Use this radar graph to gauge your progress over time.

WELL-BEING MAINTENANCE	DATE:
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Create an action plan for any aspects that need improvement:

CAREGIVER ACTION PLAN

Aspect: _____

Intentions: _____

Actions/Details: _____

Next Check-In Date: _____