



# Self-Care Checklist

Not a problem	Might be a problem	Definitely a problem	Self-Care Skills	Plan
			Sleep hygiene (age-appropriate bedtime routine, sleeping in own bed, setting own alarm clock)	
			Healthy eating (3 meals per day plus snacks, sitting at the table for family meals, healthy choices)	
			Exercising/Fun activities (walking, swimming, dancing, sports)	
			Showering (daily, independently, standing up)	
			Hygiene (such as: teeth brushing, face washing, deodorant, acne care)	
			Shaving	
			Doing hair (independently and a style I like)	
			Haircuts (getting regular haircuts or trims)	
			Appearance (wearing make-up, facial waxing/plucking, doing nails, acne maintenance)	
			Clothing (feeling comfortable and confident in the clothing I have, dressing for the weather, getting dressed independently)	
			Going to preventative medical appointments (check-ups, teeth cleanings, orthodontist)	