

Check in Chart

For each domain, indicate if you are a 1, 2, 3, 4, or 5 in the white boxes.

Domain	1 – Really hard right now	2 – Somewhat challenging	3 – Average, the way things should go	4 – Going better than expected	5 – Amazing, I am loving it!
Life at my house					
Notes:					
Academics					
Notes:					
Family relationships					
Notes:					
Friend relationships					
Notes:					
Partner relationships					
Notes:					
Health					
Notes:					
Social life					
Notes:					
Meals					
Notes:					
Exercise					
Notes:					
Sleep					

Notes:					
Other services					
Notes:					
Pets					
Notes:					
Other					
Notes:					