

FREE GUIDE 01 / NOTICE

Human Performance Check-In

Notice what supports you. Choose one useful step.

Take about 10 minutes to reflect, then choose one action for the week ahead. Your answers are a snapshot of your experience, not a grade.

Week of

Choose one rating per area. Higher = more support.

RATE THE PAST SEVEN DAYS

1 Significant attention · 2 Some support · 3 Steady enough
4 Supporting me well · 5 A clear strength

01 Energy

How consistently did I have usable energy for what mattered?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

02 Sleep

How well did my sleep support feeling rested?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

03 Recovery

How well did I make space to recover after effort or overload?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

04 Stress management

How well could I settle and respond when pressure increased?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

05 Movement

How well did my movement support my everyday needs?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

Circle your ratings and write directly on these pages.

REFLECT / THE REST OF YOUR PICTURE

What supports you?

Keep the same scale: 1 = significant attention; 5 = a clear strength.

06 Food & hydration

How well did my eating and drinking support me through the day?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

07 Focus

How well could I give an important task my attention?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

08 Emotional awareness

How well could I notice my feelings and choose my response?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

09 Connection

How connected, supported, and able to be myself did I feel?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

10 Purpose

How connected were my choices to what mattered to me?

Rate 1 2 3 4 5

☐ ☐ ☐ ☐ ☐

One strength I want to protect

One area I want to support this week

Choose an area that matters and that you can influence. It does not have to be your lowest score.

CHOOSE / YOUR NEXT STEP

Make it workable.

One priority. One action. A realistic place in your week.

A COMPLETED EXAMPLE

Priority: Movement. Action: Walk for five minutes after lunch on Monday, Wednesday, and Friday.

Smaller version: Walk for one minute. Review: Sunday evening; notice what made starting easier.

My priority matters because...

The specific action I will take

When, where, and how often I will do it

My smaller version for a difficult day

One thing I will keep doing to protect my strength

My review date

At review: What happened? What helped?
What will I keep or adjust?

To practice your action for seven days, use the Small Wins System.

REUSE / WEEKLY OR MONTHLY

Your one-page check-in

Return to this page to notice patterns and choose your next step.

Week of

1 Attention · 2 Support · 3 Steady · 4 Well · 5 Strength

	1	2	3	4	5
Energy	☐	☐	☐	☐	☐
Sleep	☐	☐	☐	☐	☐
Recovery	☐	☐	☐	☐	☐
Stress management	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐
Food & hydration	☐	☐	☐	☐	☐
Focus	☐	☐	☐	☐	☐
Emotional awareness	☐	☐	☐	☐	☐
Connection	☐	☐	☐	☐	☐
Purpose	☐	☐	☐	☐	☐

Strength to protect

Priority to support

My action + when I will do it

Review date

Personal reflection only; not a clinical assessment.
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