



Caregiver Self-Care Check-In

1. Sleep

- ☐ I wake up feeling rested most days
- ☐ I often feel tired even after sleeping
- ☐ I'm running on empty

2. Energy

- ☐ I have steady energy through the day
- ☐ I have ups and downs in my energy
- ☐ I'm exhausted most of the time

3. Nutrition

- ☐ I eat balanced meals regularly
- ☐ I skip meals or eat on the run
- ☐ I rely on snacks, caffeine, or sugar to get by

4. Movement

- ☐ I move my body in ways I enjoy
- ☐ I move when I can but not often
- ☐ I rarely get physical activity

5. Stress

- ☐ I manage stress well most of the time
- ☐ I feel stressed more often than I'd like
- ☐ I feel overwhelmed most days

6. Time for Myself

- ☐ I regularly take time to recharge
- ☐ I squeeze in time occasionally
- ☐ I can't remember the last time I did

7. Support System

- ☐ I have people I can lean on for help
- ☐ I have some support but not enough
- ☐ I feel like I'm doing this alone

Your Quick Snapshot	
Mostly first answers	You're doing well! Keep nurturing those habits.
Mostly second answers	You have some healthy routines, but there's room for more support.
Mostly third answers	You may be running on empty — small changes can make a big difference.

Want ideas you can start today? Let's chat — I help caregivers improve sleep, boost energy, and create guilt-free time for themselves.

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