CHECKLIST **My Self-Care Ramp Bank**

Tick the ramps you'll try this week. Write your own Step Zero on the line if you'd rather use a different one.

☐ Cook a real meal. Step Zero: put a pan on the stove. My Step Zero: _____

☐ Get to bed on time. Step Zero: switch off the big light. My Step Zero: _____

☐ Move my body. Step Zero: put my shoes or bike by the front door. My Step Zero: _____

☐ Drink more water. Step Zero: fill one glass and set it on my desk. My Step Zero: _____

☐ Take a shower on a low day. Step Zero: turn on the water. My Step Zero: _____

☐ Read for fun. Step Zero: open the book to the bookmark. My Step Zero: _____

☐ Get outside. Step Zero: open the front door and stand on the step. My Step Zero: _____

☐ Pick up an old hobby. Step Zero: take it out and leave it where I'll see it. My Step Zero: _____

☐ Call a friend. Step Zero: open their contact on my phone. My Step Zero: _____

☐ Refill a prescription. Step Zero: take a photo of the label. My Step Zero: _____

The one ramp I'll walk first: _____

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