

# Basic Human Needs Checksheet

As you read each statement, circle the number that fits you. Circle number 3 if you did what the statements says in the last 24 hours. Circle number 2 if you almost completed the statement and circle number 1 if you did not complete the statement.

<b>In the last 24 hours:</b>	<b>Met</b>	<b>Almost</b>	<b>Not Met</b>
1. I ate good, healthy food.	3	2	1
2. I slept 6-8 hours.	3	2	1
3. I drank plenty of water, milk, and juice.	3	2	1
4. I exercised for at least 20 minutes.	3	2	1
5. I felt safe and secure at home and at school.	3	2	1
6. I knew what to expect at home and school. (predictable-no surprises)	3	2	1
7. I was treated in the same way with which I am familiar. (consistency)	3	2	1
8. I felt comfortable in my surroundings. (warm, cool, safe)	3	2	1
9. I listened to others who were speaking.	3	2	1
10. I showed that I understood what another person needed or was saying.	3	2	1
11. I expressed my feelings appropriately.	3	2	1
12. I showed that I cared about those who need me and whom I love.	3	2	1

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<b>In the last 24 hours:</b>	<b>Met</b>	<b>Almost</b>	<b>Not Met</b>
13. I talked about the things I can do well with my friends or family.	3	2	1
14. I felt confident about what I was doing in my life at home, school or work.	3	2	1
15. I had a positive attitude.	3	2	1
16. I felt needed by others at home, in school or in other activities.	3	2	1
17. I thought about my goals and what I want for myself in the future.	3	2	1
18. I learned something new that will help me in the future.	3	2	1
19. I concentrated and did a good job on my school work and chores.	3	2	1
20. I worked on a chore or task until it was finished.	3	2	1
21. I started working without being told.	3	2	1
22. I helped a friend or family member with something.	3	2	1

**TOTAL SCORE:** \_\_\_\_\_