Timer Body Check-Ins

Set an alarm 2–3 times a day to assess your emotional state.

Key Questions to Ask Yourself

1. **What am I feeling in my body?**

2. **What does my body need?**

3. **What can I do to give my body what it needs?**

These questions help you connect with your physical sensations, identify your needs, and take appropriate action for self-care.



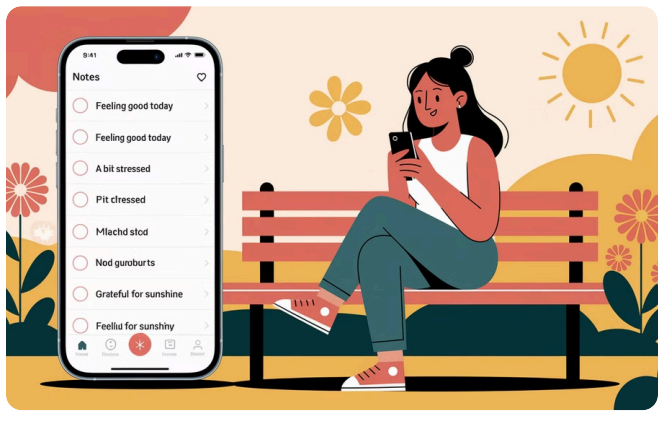
Recording Your Responses

You don't have to, but if you want you can record your responses in a journal, phone, or audio file.



Journal

Traditional written format for reflection



Phone Notes

Digital convenience for on-the-go recording



Audio Recording

Speak your reflections when writing isn't practical

Daily Body Observation Journal

- Date: _____

- **Entry 1:**
  - Time: _____
  - How Does My Body Feel?
    - _____
    - _____
  - What Does My Body Need?
    - _____
    - _____
  - What Can I Give My Body?
    - _____
    - _____
- **Entry 2:**
  - Time: _____
  - How Does My Body Feel?
    - _____
    - _____
  - What Does My Body Need?
    - _____
    - _____
  - What Can I Give My Body?
    - _____
    - _____
- **Entry 3:**
  - Time: _____
  - How Does My Body Feel?
    - _____
    - _____
  - What Does My Body Need?
    - _____
    - _____
  - What Can I Give My Body?
    - _____
    - _____

Implementing Your Check-In Practice

1 Choose Your Times

Select 2-3 consistent times that work with your daily schedule

2 Set Up Reminders

Program alarms or notifications on your phone or watch or just use a sticky note on your computer.

3 Prepare Your Recording Method

Have your journal, notes app, or recording device ready if you've decided to use it

4 Practice Consistently

Commit to the process for at least one to two weeks to establish the habit