

Insert image

# A Good Day For Me





My name is...



My date of birth is...



I am...



A man



A woman



I use my own term



I live at...



My daily routine is...



My religious beliefs are...



Christian



Muslim



Jewish



Hindu



Taoist



None



Other

Please tell us





About my mood



About my state of mind



About my nutrition and hydration



About my pain





About my toilet habits



About my mobility



About my skin



About my breathing





About my sleep



About my medication



I take my medication at...



In the morning



In the evening

## About my health needs





About my hobbies



About my friends



About my things



Food I like...







Food I don't like



Things I find stressful



Changes I find difficult

