



## Routine Reassessment Checklist

**Purpose:** Use this checklist to evaluate your current schedule, energy levels, and overall balance. Tick the statements that accurately reflect your situation right now.

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### Academic Indicators

- I am missing assignment deadlines
- My grades or academic performance are declining
- I find it difficult to concentrate during classes or study sessions

### Work Indicators

- I am making more mistakes at work than usual
- I feel slower or less productive during work hours
- I feel disengaged or unmotivated at work

### Physical & Emotional Indicators

- I feel tired most days, even after rest
- I experience frequent stress, irritability, or anxiety
- I feel mentally or emotionally exhausted

## Time & Balance Indicators

- My schedule feels overwhelming or unmanageable
- I rarely have time to rest, recover, or reset
- I feel behind in multiple areas of my life

## Assessment Guide:

- 0–3 checked: System is stable
- 4–7 checked: Adjustments needed
- 8+ checked: Immediate reset recommended