



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.

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