



# Holistic Analysis SSS

## Some Checklist

true self analysis

- Awareness: Consciousness/Semiconscious/Unconscious / none
- Thinking: Positive/ Negative/ Neutral
- Time: Biological Rhythm / No orientation with nature/Uneven
- Sleep: Ok, Good, Better, Best.
- Hygiene: Good /Okay /Bad
- Nourishment: Well nourished/ moderate nourished/ malnourished.
- Water Intake: Less/ Moderate / Feels always thirsty.
- Activity: Active/ dull.
- Body built: Thin/moderate/obese. Height /Weight/BMI
- Speech: Clear/slurring/stammering/not clear/maintains eye contact
- Look: Pleasant/happy/alert/sad/depressed/fearful/anxious/tired/drowsy
- Vital Signs: Temperature, Pulse, Respiration, B.P.



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Name

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- Water Intake:
- Activity:
- Body built:
- Speech:
- Look:
- Vital Signs: