

# Citizen Report Card – “Learning Years” (Youth/Young Adult)

**GPA= Total Score / 15**

In each column count number of responses and multiply by the number at the top for a column score. Then add column scores for a total and divide by 15 for GPA

	Total: _____	“D”: 1 x _____ = _____	“C”: 2 x _____ = _____	“B”: 3 x _____ = _____	A”: 4 x _____ = _____
Personal	Mindfulness Practice (20 mins)	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 5 or more days per week
	Sugar containing drink (pop/juice)	<input type="checkbox"/> 7 days per week	<input type="checkbox"/> 4-6 days per week	<input type="checkbox"/> 2-3 days per week	<input type="checkbox"/> 1 day per week
	Milk or Water (3 Servings in day)	<input type="checkbox"/> 1 day per week	<input type="checkbox"/> 2-3 days per week	<input type="checkbox"/> 4-6 days per week	<input type="checkbox"/> 7 days per week
	Sleep (8-10 hours in a night)	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week (not counting the weekend)	<input type="checkbox"/> 3-4 days per week (not counting the weekend)	<input type="checkbox"/> 5-7 days per week
	Moderate Physical Activity (Active Play) for 30 mins	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 5-7 days per week
Family	Family Time (30 minutes)	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 5-7 days per week
	Care of Personal Space (Cleaned Room)	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 5-7 days per week
	Help with household chores for 30 mins (without being told ☺)	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 5-7 days per week
	Screen Time (mindless over 2 hours)	<input type="checkbox"/> 5-7 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 2 days per week	<input type="checkbox"/> 1 day per week
	Family Planning	<input type="checkbox"/> No discussion about goals	<input type="checkbox"/> Discuss years goals with parents	<input type="checkbox"/> Goals for the year written down	<input type="checkbox"/> Look at you goals once per week
Community	Environmental Hygiene	<input type="checkbox"/> If you have ever thrown garbage on the street in the past 90 days	<input type="checkbox"/> You make weekly attempts to keep your residence litter free	<input type="checkbox"/> Pick up at least 2 pieces of garbage that you did not throw down in past 90 days (PU90)	<input type="checkbox"/> You practice the recycling of paper, plastic, or batteries, and PU90
	Personal Development (2 hours or more per day on school work or hobby)	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 5-7 days per week
	Politics (Reviewing Current Events) 15 mins	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 5-7 days per week
	Check to make sure lights/TV off when not used	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1-2 days per week	<input type="checkbox"/> 3-4 days per week	<input type="checkbox"/> 5-7 days per week
	Community Service <sup>5</sup> (volunteer work) Over 30 mins	<input type="checkbox"/> 0 days per week	<input type="checkbox"/> 1 day per week	<input type="checkbox"/> 2 days per week	<input type="checkbox"/> 3 days per week

\*You must move from left to right and select the furthest yes that best describes you, (only 1 response per row) Copyright 2011 James Blessman

## Explanations of Selected Items:

**Mindfulness** is a form of meditation where you become very aware of the present moment. This can be done by focusing on the breath, and awareness of sensations in a particular part of the body, and even thoughts. This practice is often done sitting quietly, but does not have to be. It can be a way of living, and practiced when you are doing activities. The point is that you are not really thinking but being very aware of what is going on. If you are thinking, you are watching your thoughts.

**Moderate Physical activity** is any type of activity that increases your heart rate. It does not have to be formal exercise. Also the time does not have to be continuous. Examples include; fast walking, mopping, sweeping, vacuuming, moving furniture, playing that involves running, garden work, going up and down stairs, etc.

**Family Time:** If you are less than 18 or living at home, count time you spend with parent or guardian. If you are over 18 and no longer live at home you can count interaction with any family member and the required time per day can drop to 15 minutes, and can be a conversation over the phone.

**Reviewing Current Events:** This is exposure to the news in any format; print (newspaper), radio, or television.

Age: \_\_\_\_\_  
Gender: M F  
School GPA \_\_\_\_\_

Rate the following on a scale of 1-10 with 1 being very poor and 10 being very good (on average over the past 2 weeks):

1) How is your ability to concentrate? \_\_\_\_\_  
2) How is the quality of your sleep? \_\_\_\_\_  
3) How is your energy level? \_\_\_\_\_

# Learning Years Citizen Report Card

Recognizing that we all have a responsibility in the community in which we live, this report card list personal targets that would not only benefit you, but the community in which you live. Moving from left to right, pick the category that best describes you. The goal over time is to move from red to green.

**A community of A's will be a great place to live.**

Targets to make our community a better place

What's your "Citizen" GPA?

\_\_\_\_\_ /15= \_\_\_\_\_

A	4.00
A-	3.75-3.99
B+	3.25-3.74
B	3.00-3.24
B-	2.75-2.99
C+	2.25-2.74
C	2.00-2.24
C-	1.75-1.99