HEALTH & WELLBEING ASSESSMENT



Balance

Mind, Body, Spirit

**Health & Wellbeing Assessment**

*Please select up to 5 areas you are most interested in improving*

**Overall Health**

* Improve well-being (health & happiness)
* Improve family well-being
* Improve energy
* Improve productivity

**Spiritual Health**

* Improve job satisfaction
* Improve life satisfaction

**Physical Health**

* Increase physical activity
* Manage or prevent injury
* Improve eating habits
* Improve health risks or medical conditions
* Reduce need for medications

**Mental & Emotional Health**

* Improve work-life balance
* Improve sleep
* Manage or reduce stress
* Improve finances
* Improve personal relationships

Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***Beside each topic selected above, rank the order of importance, with the***

***number “5” being most important and the number “1” being least important.***

***\*Note that these may change over time.***

**Health & Wellbeing Assessment**

*Based on the items checked above, please answer the following. Feel free to leave any blank, if they are not currently of interest to you.*

I would like to improve **LIFE SATISFACTION** in the following areas:

* Physical activity
* Sleep
* Nutrition
* Manage stress
* Have more energy
* Gain knowledge or learn new skills
* Spend more time with family and friends
* Become a part of a community and/or experience a sense of belonging
* Have a greater sense of life-purpose
* Spend more time in spiritual practices

Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How many hours of **SLEEP** do you get on average?

* <6 hours
* 6-7 hours
* 7-8 hours
* 8-9 hours
* 9 hours

How many hours of **SLEEP** makes you feel refreshed? \_\_\_\_\_

I would like to improve a **HEALTH CONDITION** :

* High cholesterol, triglycerides, good/bad cholesterol
* High blood sugar
* High blood pressure

Other conditions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Health & Wellbeing Assessment**

I would like to improve my **PHYSICAL ACTIVITY** in the following areas:

* Cardio activities (walking, biking, swimming, sports, gardening, etc.)
* Strength building
* Stretching
* Yoga
* Balance

Do you have any physical limitations?

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I would like to improve my **NUTRITION/EATING HABITS** in the following areas:

Increase:

* Fruit
* Vegetables
* Whole grains
* Protein
* Healthy fats
* Water
* Calcium

Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Decrease:

* Processed foods
* High sugar foods or beverages
* High salt foods
* Alcohol
* Eating out and/or making healthier choices

Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Health & Wellbeing Assessment**

I would like to improve my **ENERGY**:

*What drains your energy?*

* Poor or insufficient sleep
* Too little physical activity
* Stress
* Negative thoughts or feelings
* Work issue
* Family or relationship issues
* Financial issues
* Physical health issues

Other

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*What improves your energy?*

* Healthy sleep
* Regular physical activity
* Healthy eating habits
* Stress management, relaxation, or fun activities
* Healthy mindset
* Healthy family/personal relationships
* Job satisfaction
* Spiritual activities
* Healthy finances

Other

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**Health & Wellbeing Assessment**

*What relieves your* **STRESS** *or what are you interested in exploring:*

* Meditation
* Mindfulness
* Deep breathing
* Prayer
* Taking a break from mentally-demanding activities
* Better time management
* Relaxation or leisure time
* Social activities
* Physical activities
* Financial management

I would like to improve **SOCIAL CONNECTIONS** or **SUPPORTS**:

* Find friends
* Improve family relationships
* Join a community or organization
* Increase social activities

Other interests or concerns: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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