



Health Assessment: Overview

Topic	1	2	3	4	5
Fitness					
Nutrition					
Stress					
Sleep					
Support System					
Lifestyle					

Score Explanation

If you scored 24 points or more: Great news, you know what you are doing. Keep up the good work, you are likely inspiring others to live better lives whether you know it or not.

If you scored between 16-23 points: You are doing ALOT of things right. You have a few areas that you are probably crushing and you likely put a lot of energy into them. This might be your indicator to shift a little of your focus to other areas where you can make more improvements.

If you score below 16 points: Great news incoming. You have TONS of potential for making improvements in your life. If you commit a little time and energy to a few specific areas of your life, you will feel massive shifts in momentum. Time to get started!

Be sure to read the descriptions or ratings and total your numbers here:

RATE MY FITNESS

1 being worst - 5 being best

1

I am in the worst shape of my life and heaviest I've been

2

I make it to the gym or go on a walk 2-3 days per week

3

I hit the gym a few times per week or regularly play recreational sports

4

I am doing moderate to intense physical activity 5-6x per week

5

I couldn't get any fitter or stronger than I currently am, I'm Superman

RATE MY NUTRITION

1 being worst - 5 being best

1

I have no idea what I am eating on a weekly basis except that it's not healthy

2

I stick mostly to 3 meals per day but I don't know what nutritious food consists of

3

I try to prepare my own meals a few times per week

4

I am preparing most of my own meals each week. I am within 80% of a set of macros most days of the week

5

I weight and measure all my meals and snacks and know my exact macro count daily

RATE MY STRESS

1 being worst - 5 being best

1

I feel extremely stressed everyday and worry about all the things I need to complete daily.

2

I have a stressful job and stressful home life, but try to escape to cope

3

I experience stress weekly but don't have any strategies to help me manage it

4

I have stressors in my life but I practice ways to manage these stressors

5

I live a stress free life and don't every worry about anything

RATE MY SLEEP

1 being worst - 5 being best

1

I sleep 4 or less hours per night

2

I sleep 5 hours per night

3

I sleep 6 hours per night

4

I sleep 7 hours per night

5

I sleep 8+ hours per night

RATE MY SUPPORT SYSTEM

1 being worst - 5 being best

1

I have no one in my corner, it's me vs. the world

2

I have hired a coach/mentor/therapist before but didn't like it

3

I have friends and family in my life but I don't share my aspirations or goals with them

4

I have a few people in my life that keep me accountable to the growth I want

5

I have coaches, mentors, family, and friends who push me towards my goals

RATE MY LIFESTYLE

1 being worst – 5 being best

1

I dread waking up every day, I contemplate how to continue daily

2

I am generally unhappy with my life and don't know how to improve it

3

I don't know what my dream life looks like but I am generally happy

4

I am working towards my dream life and my daily routine brings my great satisfaction

5

I live my dream life everyday and I wouldn't change anything about my life on a daily basis