

Health & Fitness

Answer each statement by ranking it from 1 to 10 as to how strongly you agree or disagree with it.

1	2	3	4	5	6	7	8	9	10
100% Disagree	Strongly Disagree	Disagree	Moderately Disagree	Barely Disagree	Barely Agree	Moderately Agree	Agree	Strongly Agree	100% Agree

My Current Health & Fitness Assessment:	Score
I am very pleased with the way my physical body looks on the outside ...	
I am very pleased with the way my physical body feels on the inside ...	
I eat a very good, healthy diet on a regular basis ...	
I am quite knowledgeable regarding health and nutrition and plan my meals accordingly ...	
I have an exercise program that I do on a regular schedule without missing ...	
I know exactly what I want my physical body to look and feel like, and have written it down ...	
I look younger than my actual age ...	
I feel younger than my actual age ...	
My energy level is consistently at a high level ...	
I do not have any problems or addictions with Smoking, Alcohol, or Drugs ...	
TOTAL:	

10 to 50 = Below Average. 51 to 70 = Average. 71 to 85 = Above Average. 85+ = Superior

My current weight is: _____ My ideal weight is: _____

List All The Good Things About Your Health & Fitness

List All The Bad Things About Your Health & Fitness

What's Missing In This Area Of My Life?
