

My 'Healthy' Worksheet

WHAT DOES 'HEALTHY' MEAN IN TERMS OF HOW I FEEL?

WHAT DOES 'HEALTHY' MEAN IN TERMS OF WHAT I CAN DO?

WHAT DOES 'HEALTHY' MEAN IN TERMS OF HOW I LOOK?

Rank the following in order of importance to you (1-most to 5-least important)

- How strong I am ____
- How much I weigh ____
- How flexible I am ____
- How physically active I am ____
- What size clothes I wear ____

Rank the following in order of how challenging (1-most to 5-least challenging)

- Energy for exercise ____
- Motivation for fitness ____
- Time for fitness/nutrition ____
- Resources for wellness ____
- Knowledge of what to do ____



My Personal Wellness Goals (consider mind, body & soul)

Goal Timeframe: _____

I want to improve my overall wellness because...
