




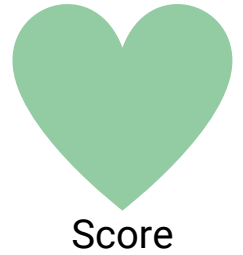


Your Lifestyle Check






How many hours sleep am I getting each night?

-  1 7 to 9
-  2 More than 9
-  3 Less than 7





How many times a week do I exercise?

-  1 3 or more
-  2 Less than 3
-  3 I don't exercise






How many meals do I prepare myself each week?

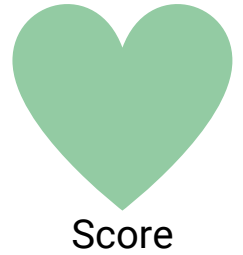
-  1 5 to 7
-  2 2 to 3
-  3 0








How are my moods?

-  1 I am always so happy
-  2 A mix of happy and annoyed
-  3 I am a negative Nelly



How many glasses of water do I drink a day?

-  1 8 or more (2 litres)
-  2 4 or more (1 litre)
-  3 0 (I only drink water in tea and coffee)



I take time out.....

-  1 Everyday
-  2 Sometimes
-  3 Never





6 to 9

Score



10 to 13

Score



14 to 18

Score

WELLDONE!!! You have great balance! and are living a healthy lifestyle. Use the list below to see if there are any other areas youd like to improve on or do more of.

Good job! You are nearly there! Use the list below to see what areas you need to work on. What is missing that will take your score down to 6?

OK, lets take a closer look at those scores. Use the list below to see what areas you can start to improve on first. Just take 1 step at a time. You've got this!

Mark the below in rder of importance (7 least important, 1 most important)



Improve overall health



Improve moods and stress levels



Increase energy levels



Learn time management/organisation skills



Create easy, healthy meals



Learn to meditate/take time out



Have enjoyment - Life a happy and healthy lifestyle

