Take Shape For Life.

Physical Health

Where are you now?

	Bad		Poor		Fair			Good Opti		ptimum
Weight Status		2	3	4	5	6	7	8	9	10
Eating Habits		2	3	4	5	6	7	8	9	10
Physical Activity		2	3	4	5	6	7	8	9	(10)
Sleeping		2	3	4	5	6	7	8	9	(10)
Relaxation		2	3	4	5	6	7	8	9	10
Safe and Healthy (Work/Home/Play)	1	2	3	4	5	6	7	8	9	10
								Score/ 60		
	ł	le	alt	hv	M	in	d			
				•• 7						
	Bad		Poor	•••	Fa			Good		Optimum
Most Relationships		2		4			7	Good	9	Optimum
Most Relationships Attitude at Work	Bad	0	Poor	~	Fa	air	(T) (T)	-	0	-
	Bad	2	Poor 3	4	5	air 6	7	8	9	(10)
Attitude at Work	Bad 1 1	2	Poor 3 3		5 5	air 6 6	(T) (T)	8	9	
Attitude at Work Meaning and Purpose	Bad 1 1 	 2 2 2 2 	Poor 3 3 3	 (4) (4) (4) (4) 	5 5 5	6 6 6	(T) (T) (T)	8880		
Attitude at Work Meaning and Purpose Spirituality Time	Bad		Poor 3 3 3 3 3		5 5 5 5	air 6 6 6 6			(e)(e)(e)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)(f)<l< th=""><th></th></l<>	

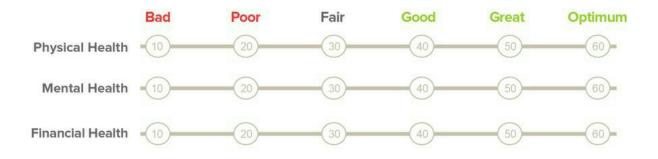
Score ___/ 60

Healthy Finances

	Bad		Poor		Fair		Goo		d Optimum		
Abundance	1	2	3	4	5	6	7	8	9	10	
Resources to Minimize Stress		2	3	4	5	6	7	8	9	10	
Money Management		2	3	4	5	6	7	8	9	10	
Money to Do What You Want		2	3	4	5	6	7	8	9	10	
Resources to Create Memories/Experiences		2	3	4	5	6	7	8	9	10	
Community Contribution		2	3	4	5	6	7	8	9	10	
								Score/ 6			

-1-

Health and Well Being Score



What Was Your Cumulative Score?



Where would you like to be?



-2-