

Where are you now?



Physical Health

	Bad	Poor	Fair	Good	Optimum					
Weight Status	1	2	3	4	5	6	7	8	9	10
Eating Habits	1	2	3	4	5	6	7	8	9	10
Physical Activity	1	2	3	4	5	6	7	8	9	10
Sleeping	1	2	3	4	5	6	7	8	9	10
Relaxation	1	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

Healthy Mind

	Bad	Poor	Fair	Good	Optimum					
Most Relationships	1	2	3	4	5	6	7	8	9	10
Attitude at Work	1	2	3	4	5	6	7	8	9	10
Meaning and Purpose	1	2	3	4	5	6	7	8	9	10
Spirituality Time	1	2	3	4	5	6	7	8	9	10
Community Service	1	2	3	4	5	6	7	8	9	10
Hobbies/Fun	1	2	3	4	5	6	7	8	9	10

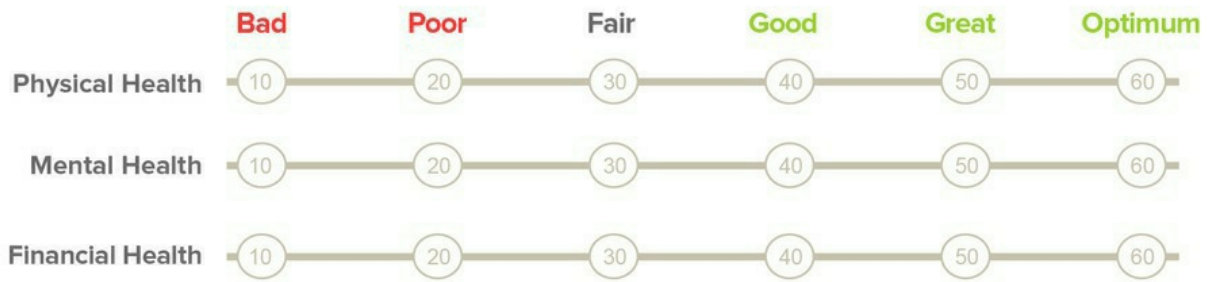
Score ___ / 60

Healthy Finances

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

Score ___ / 60

Health and Well Being Score



What Was Your Cumulative Score?



Where would you like to be?

