

HEALTH ASSESSMENT WORKSHEET

Fill out as much as you are comfortable with. This exercise is to help you as well as me (grace) to evaluate where the state of your health is in purely an observational way. When reading the questions and answering, think about how you've honestly felt in the last several weeks to months.

Keeping track of how you genuinely feel in many different dimensions, will help you identify what are your specific problem areas. That may be stress for some, for others it may be frequently feeling tired or sick. It will be different with everyone.

By having this information, we will be able to fine tune your routine. I know, it sounds cheesy, but listen to what your body is saying. We all have such busy lives and many have forgotten how to do this. When we do not take the time to be present, our bodies will continue doing its thing (keeping you alive). Because we aren't paying attention, when something's not working, we can't hear our bodies trying to warn us something's wrong in all of the little symptoms like fatigue, acne, brain fog, weight gain, high blood sugar, blood pressure, acute symptoms ect. These little "inconsequential" symptoms WILL manifest to be VERY noticeable if not observed, addressed and treated. They will soon control your life because your body can no longer function at the capacity that is used to. This is where most people end up. Sick and stuck. I truly believe by simply stepping back to evaluate your health you are already winning! That is the first step. In addiction recovery, the first step is acknowledging there is a problem, followed by acceptance. Only from this point are we able to start from somewhere, put together a plan of action and begin!

This is best done in a quiet place where you can observe the state of your mind, body and health.

The rating system is on a scale of 1 to 10 points. There will also be some written answers. Rate the questions the most accurately you can. We will revisit this worksheet as you progress through the program.

Please take your time.

1 = Being extremely LOW. You can't get lower.

10 = Being extremely HIGH. The limit.

GENERAL HEALTH How do you feel about your health. 1-10 + Written

4 – I'm not bedridden, and can be active, but I'm not happy with my shortness of breath, how out of shape I am and the weight I'm at right now. I don't like how clothes fit me. and I don't the GERD. joint pain. etc

BODY CONDITION Any chronic health conditions? 1-10 + Written

6- Thyroid cancer, thyroid removed so now on Synthroid daily.

ACHY JOINTS/JOINT PAIN Explain where and how long you've noticed. 1-10 + Written

6- I get random painful joints, knees, wrist, ankle, etc. Plus about constant neck/back pain

DO YOU HAVE POOR QUALITY/SLOW GROWING HAIR OR NAILS 1-10 + Written

8- I think my nails and hair could be healthier, but they aren't brittle, discolored, or coarse.

SKIN CONDITION Acne, eczema, rashes ect. 1-10 + Written

6- I do have guttate psoriasis which presents mostly on my elbows but can flare up to have random patches all over my body. Do have some acne/white heads at times.

ENERGY LEVELS Energy crashes, frequently tired, exhaustion. Do you ever take naps? When? 1-10 + Written

2- I feel tired all the time, I drink a few caffeinated beverages daily (coffee, natural caffeine drinks – no regular energy drinks or soda). I feel like I could nap everyday. but most the time can't fall asleep if I try.

SLEEP QUALITY If you have poor quality sleep, explain why if you can. (kids not included). 1-10 + Written

5- I sleep really well typically, once I fall asleep. Sometimes it's really hard to fall asleep/takes quite some time.

AVERAGE HOURS OF SLEEP PER NIGHT When do you normally go to sleep and when do you wake up? Written

I'd say an average of 6 hours. It's usually close to midnight or so before I'm asleep. I get up about 7am during the week and a little later on the weekends. Usually I like to sleep in on the weekends. but my hubby is always up early.

WINDING DOWN FOR BED Do you have a wind down routine before going to sleep? What do you normally do before bed? Written

I don't really wind down. I undress, braid my hair, but end up staying on my phone till I'm ready to sleep and then get back on it if I can't fall asleep.

STRESS LEVELS On average. 1-10

7- Always have a lot going on and to worry about and just feel stressed a lot

DO YOU EVER FEEL STRESSED ABOUT YOUR HEALTH? Written

I do, I'm stressed about the 30lbs I've gained, how I'm not as fit/active as I used to be/want to be, and how my clothes aren't fitting as well

STRESS MANAGEMENT How do you relieve stress? Written

Sleep? I don't think I manage it at all

MOOD Irritable, mood swings. 1-10 + Written

7- I'd say my mood is usually pretty even/happy but can't definitely have a short fuse sometimes.

EMOTIONAL WELL-BEING Do have anxiety or depression? 1-10 + Written

5- I don't think I have depression, but actually just got diagnosed with anxiety and prescribed an anti-anxiety med today. I didn't know anxiety can keep you awake and cause you to not be able to concentrate. I also feel anxiety and

FEMALES* ANY PERIOD SYMPTOMS

Oh my goodness yes, cramps are horrid the first 2/3 days, and sometimes have nausea, bloating, etc

BRAIN FUNCTION Brain fog, migraines, forgetfulness, memory. Written

Brain fog, yes, don't feel like my memory is as good as it used to be. No migraines though.

DIGESTION Constipation, diarrhea, bloating, stomach pain, acid reflux? If yes to any, please list. Written

All of the above at times, my acid reflux/GERD is pretty awful and am prescribed a med for that.

ALLERGIES/SENSITIVITIES Any you suspect or know of. Written

Probably sugar, other than that I don't know for sure

AVERAGE BREAKFAST A few written examples.

Probably my most consistently healthiest meal, I've gotten back into making a week's worth of overnight oats, with oats, almond milk. Greek yogurt. fruit/berries. chia. etc. Sometimes it's eggs. meat and potatoes though

Varies wildly, could be a salad, a sandwich, leftover dinner of meat/veggies, fries, etc

AVERAGE DINNER A few written examples.

Again varies, trying to up my veggie intake. We usually eat out on the weekends and that is definitely harder to eat healthily. This week hubby grilled a bunch of meat and veggies we'll be eating on all week.

AVERAGE SNACKS A few written examples.

Protein cookies, nuts, whole grain chips with salsa, really into gummi candies though, rarely chips. I need to get some protein bars

NORMAL BEVERAGE GO TO'S A few written examples.

Water, coffee, bubb'l'r, lotus (want to get back to drinking more tea)

SUPPLEMENTS YOU TAKE Written

When I remember – multi-vitamin, calcium, vit D, probiotics

TECH TIME Do feel you have a healthy relationship with technology/media ect? If not, how would you like you relationship with technology look like?

Absolutely not, too much time spent on social media. I do listen to audiobooks at works, but need to listen to more non-fiction and less fluff

WHAT ARE YOUR HEALTH GOALS? Written

I don't have a weight goal, I just want to lose weight to be able to feel better physically, not only to look better but to feel better and be able to be active and have energy and stamina.

FITNESS GOALS? Written

Be able to go for a long walk, hike, bike, be active and not die mostly. Lol

PERSONAL HELP Would you like me to work with you on your personal goals? If yes, how can I help get you closer to where you want to be? Written

I just really need some tips, accountability, some help with healthy snacks, and meal planning/prep. My hubby is a big meat and potatoes/carbs guy. Help with a bedtime routine would be amazing.

ANY COMMENTS?

I really appreciate you doing this! Can't think of anything else off the top of my head.

Closing comments:

If you do not feel comfortable sharing this worksheet or any certain areas of information, either leave box blank or just keep the worksheet to yourself to reference so that you can see your own progress and where you need to focus moving forward.

Tip: Keep a blank copy for future reassessment and filled out copies to reference moving forward.