

Baseline Assessment Kit

Foundations of Fitness and Health Metrics Course

Welcome to Your Health Data Journey!

This Assessment Kit helps you establish your starting point and create a personalized tracking system. Complete all sections before beginning Week 1 of the course.

1. Personal Health History Questionnaire

Current Health Status

Basic Information:

- Age: _____ Height: _____ Weight: _____
- Current activity level (circle one): Sedentary / Lightly Active / Moderately Active / Very Active
- Sleep quality (circle one): Poor / Fair / Good / Excellent
- Energy level throughout day (circle one): Low / Moderate / High / Variable

Health Tracking Experience:

- Have you tracked health metrics before? Yes / No
- If yes, which metrics? _____
- Which devices/apps do you currently use? _____
- How long have you been tracking? _____

Current Health Goals (check all that apply):

- Improve sleep quality
- Increase daily activity/steps
- Better energy management
- Weight management
- Stress reduction
- Fitness improvement
- Longevity optimization
- Other: _____

Health Challenges (check all that apply):

- Inconsistent sleep schedule

- Low energy levels
- Stress management
- Time for exercise
- Staying motivated
- Understanding health data
- Other: _____

Current Medications/Supplements:

Medical Conditions (if comfortable sharing):

Technology Comfort Level

- Rate your comfort with technology (1-5): _____
 - Rate your comfort with data analysis (1-5): _____
 - Preferred learning style (circle): Visual / Audio / Reading / Hands-on
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2. Goal-Setting Worksheet

Primary Health Goals

Write 3 specific health goals you want to achieve:

Goal 1:

- What: _____
- Why this matters to you: _____
- Timeline: _____
- How you'll know you've succeeded: _____

Goal 2:

- What: _____
- Why this matters to you: _____
- Timeline: _____
- How you'll know you've succeeded: _____

Goal 3:

- What: _____

- Why this matters to you: _____
- Timeline: _____
- How you'll know you've succeeded: _____

Metric Selection

For each goal, identify 1-2 metrics to track:

Goal 1 Metrics:

- Primary metric: _____
- Secondary metric: _____

Goal 2 Metrics:

- Primary metric: _____
- Secondary metric: _____

Goal 3 Metrics:

- Primary metric: _____
- Secondary metric: _____

Motivation & Vision

Why are you taking this course?

What does optimal health look like for you?

What obstacles might you face, and how will you overcome them?

3. Simple Measurement Protocols

No fancy equipment needed - use what you have!

Daily Measurements

Sleep Tracking:

- Bedtime: Record when you actually go to sleep

- Wake time: When you naturally wake up
- Sleep quality: Rate 1-10 how rested you feel
- Method: Phone app, journal, or simple log

Energy Levels:

- Morning energy: Rate 1-10 upon waking
- Afternoon energy: Rate 1-10 around 2-3 PM
- Evening energy: Rate 1-10 around 6-7 PM
- Method: Simple journal or notes app

Physical Activity:

- Steps: Use phone's built-in counter or count manually for short walks
- Active minutes: Note time spent moving (walking, cleaning, exercising)
- Exercise: Record type and duration of intentional exercise
- Method: Phone step counter, activity apps, or manual tracking

Weekly Measurements

Body Metrics:

- Weight: Same time of day, same scale if possible
- Measurements: Waist circumference (optional)
- Method: Bathroom scale, measuring tape

Wellness Check:

- Stress level: Average stress for the week (1-10)
- Mood: Overall mood for the week (1-10)
- Method: Weekly reflection journal

Simple Tools You Can Use:

- **Smartphone:** Built-in health apps (iPhone Health, Google Fit)
- **Journal:** Paper notebook for daily tracking
- **Notes Apps:** Simple tracking in your phone's notes
- **Voice Recordings:** Daily check-ins with yourself
- **Photo Journal:** Take photos of your daily activities

4. 7-Day Baseline Tracking Templates

Daily Tracking Sheet

Copy this template for each day or create digital version

Date: _____

Sleep Data:

- Bedtime: _____
- Wake time: _____
- Sleep quality (1-10): _____
- Number of times woken up: _____

Energy Levels:

- Morning (1-10): _____
- Afternoon (1-10): _____
- Evening (1-10): _____

Physical Activity:

- Steps: _____
- Active minutes: _____
- Planned exercise: Yes / No
- Type: _____
- Duration: _____

Wellness:

- Stress level (1-10): _____
- Mood (1-10): _____
- Water intake (glasses): _____

Notes:

Weekly Summary Template

Week of: _____

Sleep Averages:

- Average bedtime: _____
- Average wake time: _____
- Average sleep quality: _____
- Best sleep day: _____
- Worst sleep day: _____

Energy Patterns:

- Morning energy average: _____
- Afternoon energy average: _____
- Evening energy average: _____
- Highest energy day: _____
- Lowest energy day: _____

Activity Summary:

- Average daily steps: _____
- Total active minutes: _____
- Exercise sessions: _____
- Most active day: _____
- Least active day: _____

Weekly Insights:

- What patterns did you notice? _____
 - What surprised you? _____
 - What do you want to improve? _____
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5. Data Recording Spreadsheets

Simple Spreadsheet Setup

Create in Excel, Google Sheets, or Numbers

Column Headers:

- Date

- Bedtime
- Wake Time
- Sleep Quality (1-10)
- Morning Energy (1-10)
- Afternoon Energy (1-10)
- Evening Energy (1-10)
- Steps
- Active Minutes
- Exercise (Y/N)
- Exercise Type
- Exercise Duration
- Stress Level (1-10)
- Mood (1-10)
- Water Intake
- Notes

Quick Setup Instructions:

- 1. Create new spreadsheet**
- 2. Add headers in row 1**
- 3. Format date column (MM/DD/YYYY)**
- 4. Add 7 rows for your baseline week**
- 5. Include a "Weekly Average" row at bottom**

Formulas for Averages:

- Sleep Quality Average: `=AVERAGE(D2:D8)`
- Energy Average: `=AVERAGE(E2:G8)`
- Steps Average: `=AVERAGE(H2:H8)`

Mobile-Friendly Options:

- **Google Sheets:** Access anywhere, auto-sync
- **Apple Numbers:** iPhone/iPad compatible
- **Simple Notes:** Copy template into notes app

- **Voice Memos:** Record daily check-ins
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Pre-Course Action Steps

Before Week 1:

1. Complete health history questionnaire
2. Set your 3 primary goals
3. Choose your tracking method
4. Set up your recording system
5. Begin 7-day baseline tracking

During Baseline Week:

- Track consistently each day
- Don't try to change anything yet
- Notice patterns without judgment
- Take notes on what you observe
- Prepare questions for Week 1

Week 1 Preparation:

- Review your baseline data
 - Identify your biggest insights
 - Bring questions to first class
 - Share one observation in community forum
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Success Tips

Make It Simple:

- Start with just 2-3 metrics if overwhelming
- Use tools you already have
- Focus on consistency over perfection
- Track at same times each day

Stay Motivated:

- Remember your "why" from goal-setting

- Celebrate small wins
- Share progress with course community
- View this as an experiment, not a test

Technical Support:

- Don't worry about perfect data
 - Estimated numbers are better than no numbers
 - Ask questions in community forum
 - Focus on trends, not individual days
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Your baseline assessment creates the foundation for your entire health optimization journey. Take your time, be honest, and remember - this is your starting point, not your destination!

Ready to begin? Start your 7-day baseline tracking today!