



Self-assessments are a great way to check-in with how you are feeling. We often have a feeling that something is needed but not sure where it is coming from. Answer this short list of questions to get a pulse on where you are today?

1. How do I feel about my frequency of moving each day?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

2. How do I feel about my awareness of when I need to sit still or rest?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

3. How do I feel about my overall strength?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

4. How do I feel about the amount of time I am sedentary?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

5. How do I feel about assessing, planning and meeting my health goals on my own?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

This is private information for you to use or share with your doctor and coach. We hope this helps you identify opportunities to make changes to improve your wellbeing.

www.gardenialove.org

