BE REAL Health Assessment

Rate yourself:

I make good food choices at the grocery store. Always Mostly Not really Never
I make good food choices for my meals Always Mostly Not really Never
I make good food choices for my snacks Always Mostly Not really Never
I exercise 3-5 times per week Always Mostly Not really Never
I follow a strength-training program Always Mostly Not really Never
I work on my flexibility Always Mostly Not really Never
I feel my stress level is average Always Mostly Not really Never
I am happy with my body Always Mostly Not really Never
I understand basic nutrition Always Mostly Not really Never
I don't understand why my health isn't better I need help

Check any of the following benefits you've gained from regular exercise:

___ I get sick less often
___ I sleep better
___ I feel more energetic
___ I feel happier
___ I feel better about myself
___ I have maintained a healthier weight

Improved muscle tone
Improved my body's ability to move and function
Handle stress better
Motivates me to eat healthier
More cardio-vascular endurance

Any others?

Are you happy with your current health? Yes/No

What aspect of your health would you like to improve?

Is this a good goal? Ask yourself:
• Is this something you can control?
• Are your desires based on improving your quality of life, or meeting expectations/being like someone else?
• Is this aspect of your health greatly influenced by your genetics?
• What would you have to give up in order to meet this goal?

If you feel this goal is still a good one, write three small things that could help you improve. (i.e., stock fridge with more vegetables, learn a new recipe I can pack with me, more exercise, learn some strength training exercises, spend more time reading/with friends/scripture study, see a doctor, learn some stress-relief techniques, go to bed earlier, etc.)

1. 
2. 
3. 

Choose ONE of the above you can work on right away. Make sure it is something you can DO everyday and say, "I did that!" or "Tomorrow I'll try again." When it becomes part of your regular habits, give yourself a pat on the back and pick another!