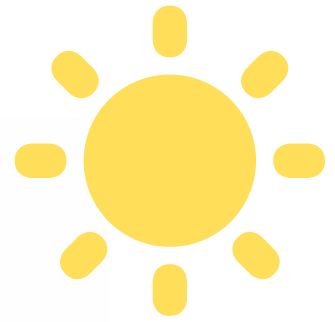


WELLNESS SELF ASSESSMENT

#myyearbydesign #mydaybydesign

Do a quick health audit....



Live a Wellness Lifestyle

Rate yourself in each area (1-10)

HEALTHCARE	PROACTIVE MEDICAL CARE	<input type="checkbox"/>
	INFORMED SELF CARE	<input type="checkbox"/>
	REDUCE TOXIC LOAD	<input type="checkbox"/>
LIFESTYLE	REST & MANAGE STRESS	<input type="checkbox"/>
	EXERCISE	<input type="checkbox"/>
	EAT RIGHT	<input type="checkbox"/>

Which area will have the biggest impact if you made improvements?

How willing are you to make some change to see improvement in this area?

Which 1 area will you commit to focussing on for the next month?

MY MONTHLY WELLNESS PLAN

#myyearbydesign #mydaybydesign

Health Focus area for this month

What I will do to improve this area of my health this month:

Morning

Afternoon

Evening

NOTES: (eg things to buy, research to do, help to enlist)