

Transform Yourself

Making Optimal Health a Reality



Healthy Body

	Bad	Poor	Fair	Good	Optimum					
Weight Status	1	2	3	4	5	6	7	8	9	10
Eating Habits	1	2	3	4	5	6	7	8	9	10
Physical Activity	1	2	3	4	5	6	7	8	9	10
Sleeping	1	2	3	4	5	6	7	8	9	10
Relaxation	1	2	3	4	5	6	7	8	9	10
Safe and Healthy (Work/Home/Play)	1	2	3	4	5	6	7	8	9	10

Score ___ / 60



Healthy Mind

	Bad	Poor	Fair	Good	Optimum					
Most Relationships	1	2	3	4	5	6	7	8	9	10
Attitude at Work	1	2	3	4	5	6	7	8	9	10
Meaning and Purpose	1	2	3	4	5	6	7	8	9	10
Spirituality Time	1	2	3	4	5	6	7	8	9	10
Community Service	1	2	3	4	5	6	7	8	9	10
Hobbies/Fun	1	2	3	4	5	6	7	8	9	10

Score ___ / 60



Healthy Finances

	Bad	Poor	Fair	Good	Optimum					
Abundance	1	2	3	4	5	6	7	8	9	10
Resources to Minimize Stress	1	2	3	4	5	6	7	8	9	10
Money Management	1	2	3	4	5	6	7	8	9	10
Money to Do What You Want	1	2	3	4	5	6	7	8	9	10
Resources to Create Memories/Experiences	1	2	3	4	5	6	7	8	9	10
Community Contribution	1	2	3	4	5	6	7	8	9	10

Score ___ / 60



Where Are You Now?

	Bad	Poor	Fair	Good	Great	Optimum
Physical Health	10	20	30	40	50	60
Mental Health	10	20	30	40	50	60
Financial Health	10	20	30	40	50	60

What Was Your Cumulative Score?

	Failing	Poor	Surviving	Above Average	Thriving	Optimum
Overall Well-Being	30	60	90	120	150	180