



Healthy Lifestyle Challenge 2011

Participant Name: _____

Beginning Date: _____

Starting BMI Score: _____ (for your info. only)

Baseline Score: Record your starting numbers in each of the categories

Provide your self assessment in each of the areas below with a rating of 0 for Poor to 15 for excellent. This is your own personal assessment, so feel free to assign any value that you believe is most closely aligned with your present status in each area. For example, you might place yourself between Good and Excellent for Physical Activity and assign yourself 13 points.

- Poor: 0 Points (between 0 - 4)
- Fair: 5 Points (between 5 - 9)
- Good: 10 Points (between 10 – 14)
- Excellent: 15 Points (15)

	Self Assessment Pre-Challenge	Self Assessment After 5 Weeks	Self Assessment After 10 Weeks	Self Assessment On New Year's Eve
Healthy Eating				
Physical Activity				
Water Consumption				
Sleep				
Emotional Health ¹				
Physical Health ²				
TOTAL SCORE				

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¹ Emotional Health: focuses on daily experiences related to happiness, enjoyment, sadness, and stress in evaluating overall well-being.

² Physical Health: comprises questions on topics a doctor may talk about, like Body Mass Index, daily energy, physical pain, history of illness, and medical conditions.