

My Health Profile

What are the main areas currently impacting most heavily on your health & physical quality of life? These areas might have a positive or negative impact (or both). Select up to 8 areas.

Health Areas *	General Life Areas *
Alcohol consumption	Aesthetics
Caffeine consumption	Children
Cardiovascular exercise	Comfort
Energy levels	Leisure activities
Flexibility	Community
Fresh air	Creativity
Fruit & vegetable consumption	Entertainment
Fun	Environment
Good nutrition	Family
Health knowledge	Financial pursuits
Hydration	Friendships
Incidental activity (moving more)	Garden
Leisure time	Hobbies & interests
Me time	Home
Medications	Humour
Non-toxic environment	Knowledge
Personal time	Music
Recreational drugs	Personal administration
Relaxation	Professional goals
Sleep patterns	Relationships
Smoking	Religion
Strength exercise	Social contribution
Stress Management	Social life
Supplements	Spirituality
Weight-management	Sport
Others?	Study
	Technology
	Travel
	Working life

* Listed in Alphabetical order, not order of importance

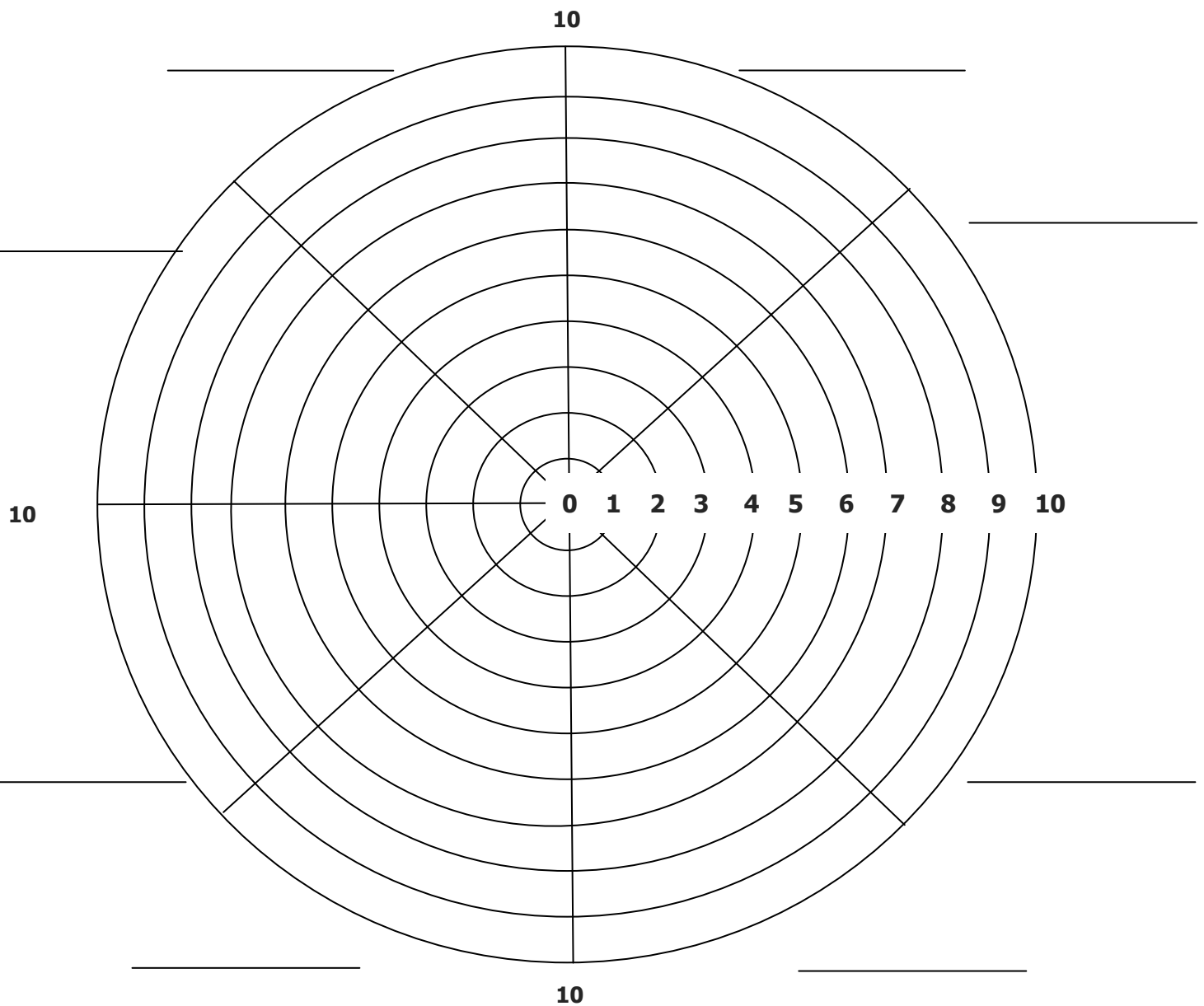
Instructions

1. Write the names of each of the selected areas on the lines next to the segments of the circular graph on the next page.
2. There are 10 rings on the graph. Each one represents a number from 1 to 10. Zero is at the centre of the circle.
3. Rate the relative importance of each area on a scale from 0 to 10, where 0 is “no importance at all” and 10 is “maximum level of importance” in your life at the moment (draw a line across the segment on the appropriate ring).
4. Rate your current level of satisfaction with your performance in each health or life area, also on a scale from 0 to 10. Think of the centre of the circle as 0 (totally dissatisfied) and the outer edge as 10 (completely satisfied).
5. Colour in the segments of the circle according to your satisfaction rating for each health or life area.

Determining Your Priorities

6. Look at the gaps between your importance ratings and levels of satisfaction and consider what they mean to you.
7. What are the inter-relationships between the areas on the graph?
8. Where do you think you could make some changes that would impact positively on your health?
9. Which areas, if any, are you ready to work on at the moment?
10. Pick one area to focus on first. (If you are not ready make any changes in any of the areas, look at the lists on the first page again and consider some alternative areas to put on the graph.)

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Example:

