

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

* Listed in Alphabetical order, not order of importance

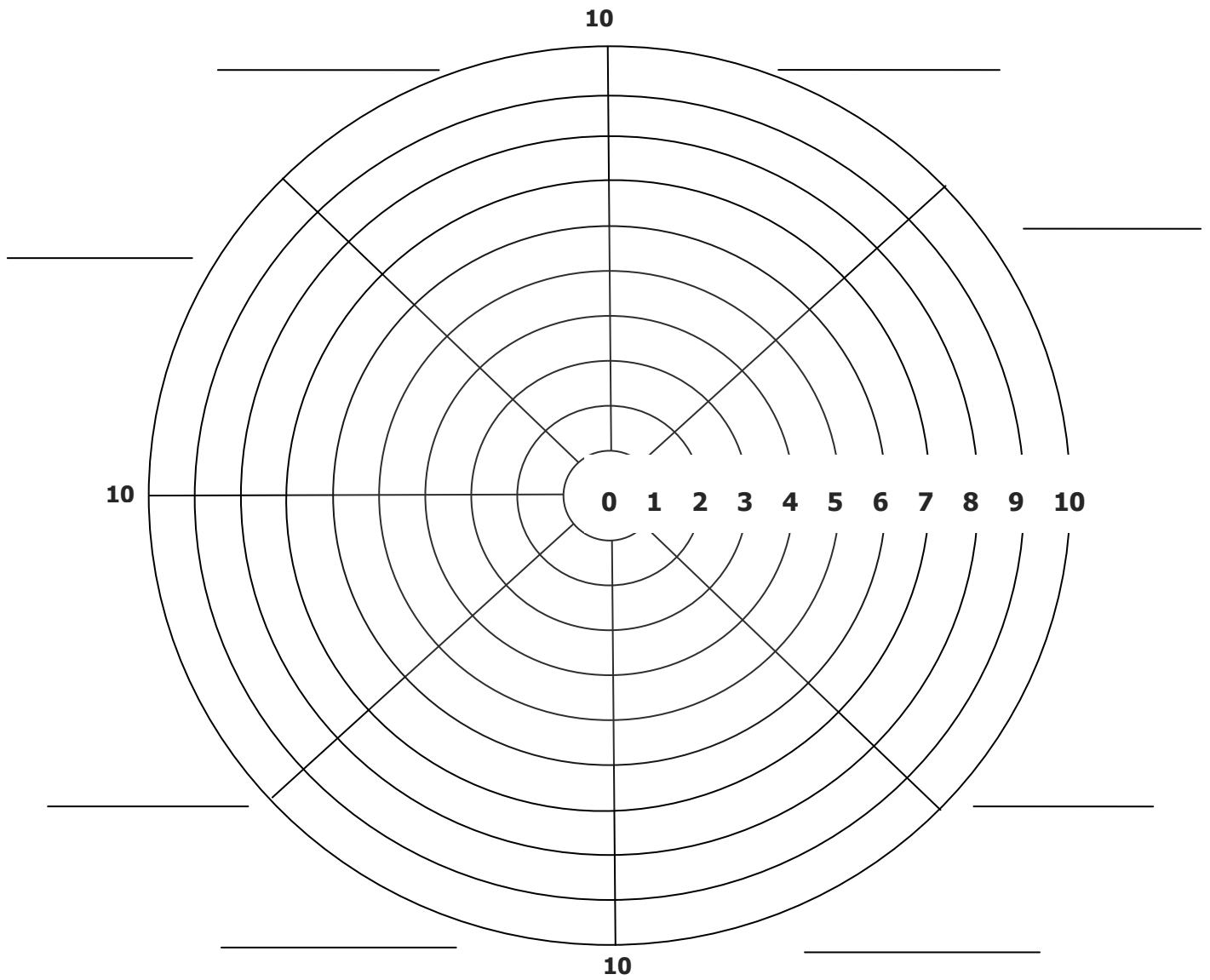
Instructions

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:

