

The Healthy 101 Assessment

Rate yourself and each of your family members on a 1-10 scale (1 is weak, 10 is strong)

- **Eat / Drink**– A 10 is.... Eating for overall longevity and wellbeing and for **daily** fuel.
- **Sleep** – A 10 is... Quantity & quality. You feel well rested and rejuvenated each and every **day**.
- **Exercise** –A 10 is... You have an activity you enjoy and get your body moving **daily**. You feel good in the body you are in.
- **Fun** – A 10 is... You enjoy all aspects of your life- your work, relationships, hobbies and incorporate some fun **daily**.
- **Growth** – A 10 is... You are on a path of continuous personal, professional & spiritual growth and continue to grow **daily** into the best version of yourself.
- **Attitude**- A 10 is... this has to do with your thoughts, your self worth & positivity- the vocabulary and words you use with yourself and others on a **daily** basis are positive, uplifting and build everyone up.
- **Spiritual**- A 10 is... Your faith and daily relationship with God is strong. You have community of likeminded people. You are not the center of your own universe.

Maximum Total is 70. The goal is 80% (56/70) or higher. Choose your lowest area to focus on for your next quarterly habit commitment.

Names	Eat/Drink	Sleep	Exercise	Fun	Growth	Attitude	Spiritual	Total Score