



Wellness Self Evaluation

At Etheria Wellness, we don't believe in "diet plans." Rather, we want to help our clients create "health." Being in a state of health will lead to a more balanced life, increased energy, and improved sense of well-being. Learning to live a healthy lifestyle also has a great by-product – the ability to achieve and maintain a healthy weight!

The first step in this process is to fill out this self-evaluation to help us determine where you are in your health journey. Please answer the following questions on a scale of 1 – 10 with 1 being the worse possible state and 10 being the best possible state.

- 1) Consider all aspects of your current health including: your energy level, eating habits, sleep volume and quality, activity level, feeling of being rested, self-confidence, and social life: _____
- 2) What is your daily energy level: _____
- 3) How healthy is the food you eat? _____
- 4) How rested do you feel when you wake up in the morning? _____
- 5) What is your level of self-confidence? _____
- 6) Rate your social life? Do you have meaningful relationships? _____

Please answer the following questions:

- 1) How many meals do you eat per day? _____
- 2) How many snacks do you have per day? _____
- 3) How many times per week do you eat out? _____
- 4) Is your energy level consistent throughout the day or do you experience highs and lows?

5) How many hours of sleep do you get on the average night? _____

6) Do you sleep throughout the entire night or do you wake up? _____

7) How much water do you drink in a typical day? _____

8) How much soda do you drink? _____ Tea? _____ Coffee? _____

9) What kind of physical activity do you engage in on a daily or weekly basis?

10) How would you describe your level of stress? _____

11) What is the main reason that you want to improve your health? _____

12) What motivates you to improve your health? _____

13) How committed are you to improving your health? _____

14) What do you think stops you from living a healthy lifestyle? _____

Please bring this completed form with you to our first meeting or have it on hand during our first telephone call or video chat.