

Eat 2 Wellness

Natalia Knezevic APD

SELF ASSESSMENT

What is your current health issue today?

Self reported Weight check

What is your weight today as far as you know?

Kg or stone _____

What is your height today as far as you know?

Cm or Ft inches _____

Have you tried to lose weight before now? Yes ____ No ____

What diets have you tried? _____

Assessing your readiness to change?

On a scale of 1-10, how ready are you to change / begin on changing your health issue?

1 (cold)

5 (lukewarm)

10 (warm)

On a scale of 1-10, how motivated or important is this for you to change your situation?

1 (bored)

5 (neutral)

10 (excited)



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How might your life be different if you got on top of this issue?

1 (Neutral)

5 (drive)

10 (top gear)

How confident are you that this is something you feel you can and will do?

1 (not at all ready)

5 (undecided)

10 (completely ready)

Goals

1. _____
2. _____
3. _____

	OFFICE USE
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Questions?

