

Assessing your general health, nutrition, weight management and lifestyle knowledge

Congratulations on your willingness to engage in understanding healthy lifestyle topics. The benefits of good nutrition, weight management and making long-term healthy lifestyle changes are many and significant. Rate your level of knowledge of each skill using the 3-point scale:

- 1** Low nutrition knowledge - **improvement needed**
- 2** Moderate nutrition knowledge level - **satisfactory**
- 3** High nutrition knowledge level - **excellent**

Understanding the cause of weight gain	RATING
Understand the notion of “energy balance” and how to influence it	
Know the value of various forms of physical exercise for “burning” calories and improving physical and mental health	
Understanding the need for self-monitoring of food intake and physical activity	
Understand how the environment effects food intake and physical activity	
Controlling environmental exposure to unhealthy foods at home and work	RATING
Understand the importance of stocking healthy food choices and keep inventory foods kept at home to eliminate unhealthy food choices	
Identify “high-risk” unhealthy foods at work, home, restaurants, stores (general environment)	
Know how to build a supportive healthy environment	
Using mindful and intuitive eating skills	RATING
Understands the difference between physical vs. psychological hunger	
Understands the importance of planning meals	
Has frequented restaurants with healthy menu choices	
Understands and has developed mindful and intuitive eating skills and how this specifically applies to your personal health journey	
Nutrition basics	RATING
Knows nutrient sources (protein, carbohydrates, and fats) of foods and the basic food groups	
Understand how to construct a simple, low-calorie, nutritious meal and how to choose a snack that will satisfy your appetite between meals	
Understand the differences between simple and complex carbohydrates	
Understands the difference between healthy and unhealthy fats	

Lifestyle physical activity and exercise	RATING
Appreciate the difference between a “structured exercise routine” and “lifestyle’ physical activity	
Identify movement that you enjoy doing and that you have the potential for doing long-term	
Identify types of strength training that you enjoy and that support your aerobic activity or your preferred lifestyle activities	
Developed a flexibility (stretching) routine that will keep you limber and guard against injury during your other activities	
Review your daily routine and look for opportunities for additional muscle-powdered activities such as walking and stair-climbing	
Identify one or more leisure activities that you enjoy and can incorporate into your weekly routine	
Review the amount of screen time that you watch on the weekdays and weekends and kept your viewing to +/-14 hours per week	
Self-monitoring	RATING
Develop the habit of using the “hand-method” to determine what a “serving” or position size should look like for your bodies specific needs	
Learn how to read and evaluate food labels regularly	
Begin a “change-chart” (provided by Kristen) to record weekly changes, reviewed at the end of each month	
Begin using a smart phone app to record daily bouts of physical exercise	
Building self-confidence for weight control and general health	RATING
Identify health/weight loss goals that are realistic and appropriate for your body type and shape	
Recognize that body image and self-acceptance is an ongoing journey	
Prepared to be patient and “to stay the course” with your health efforts	
Reflect with Kristen about your eating and exercise lapses	
Stress management & subconscious exploration	RATING
Open to identifying situations that trigger your core wounds, deep emotions, and health behavioral issues that stem from this	
Open to identifying your deep-rooted conditioning and thoughts patterns that are linked to your health and energetic spirit	
Open to identifying how to challenge your conscious mind and come up with helpful alternative thoughts	
Receptive to bridging the subconscious and conscious mind to make health behavior changes	
Identify and incorporate a stress management technique (i.e. mediation or yoga) that makes sense to you and can practice regularly	
Appreciates that physical exercise and good nutrition are crucial stress management techniques	

Prevent relapse	RATING
Identify and prepare for “high-risk” situations that lead to poor food choices or prolonged inactivity	
Develop the habit of anticipating high-risk situations before hand and have developed plans to reduce the risk	
Is open and recognizes the need for a “come to realization meeting and plan” for dealing with episodes of poor eating habits, physical exercise routine; lapse, and/or periods of energetic weight gain	

Spiritual aspect of health conditions (Kristen will counsel)	RATING
Has come to terms with and understands everything is energy and can be released through emotional and healthy lifestyle habits	
Recognizes the emotional body affects the physical body	
Knows which foods ground the body physically	
Understands the importance of empowerment, self-actualization, and affirmation	
Recognizes that the mind, body, and soul work all together as one. One area cannot be addressed without the other	
Understands the “issue is in the tissues” and cellular health contributes to energetic health (not just calories in vs. calories out)	

Long-Term Health Maintenance	RATING
Understands how the systems of the body work and which foods to eat to influence a positive health benefit (liver, heart, immune system, hormones, and gut health)	
Recognize the importance of fiber and can identify healthy carbohydrate choices	

You can use these scores to assess your individual needs for learning new skills and gaining knowledge in specific areas. During your program, we will focus on areas that need the most improvement and also provide additional outside information to assist your learning journey.

Key goals

Using the tips in this survey, write down 2 to 3 goals that you want to achieve.

- 1.

- 2.

- 3.