

Baseline and Wellness EVALUATION



The first step is to assess where you're starting from:

Date _____ Name _____

Age _____ Height _____ Weight _____ BMI _____

Evaluate your Wellness Levels: (Low=1 High=4)

Nutrition 1 2 3 4

Hydration 1 2 3 4

Cardio 1 2 3 4

Strength 1 2 3 4

Flexibility 1 2 3 4

Lifestyle Activities 1 2 3 4

Stress Relief 1 2 3 4

Mindfulness 1 2 3 4

Mood 1 2 3 4

Play/Create 1 2 3 4

Meditation/Prayer 1 2 3 4

Love/Service 1 2 3 4

_____ 1 2 3 4

_____ 1 2 3 4

Which areas are your strongest?

Which areas need improvement?

What has contributed to your success in the past? (reward, routine, accountability?)

What challenges or obstacles need to be addressed in the goal planning?