



# **Health, Fitness and Wellbeing Assessments**

**REVISED 20/3/23**

**Profiles only**

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### Health, fitness and wellbeing assessments

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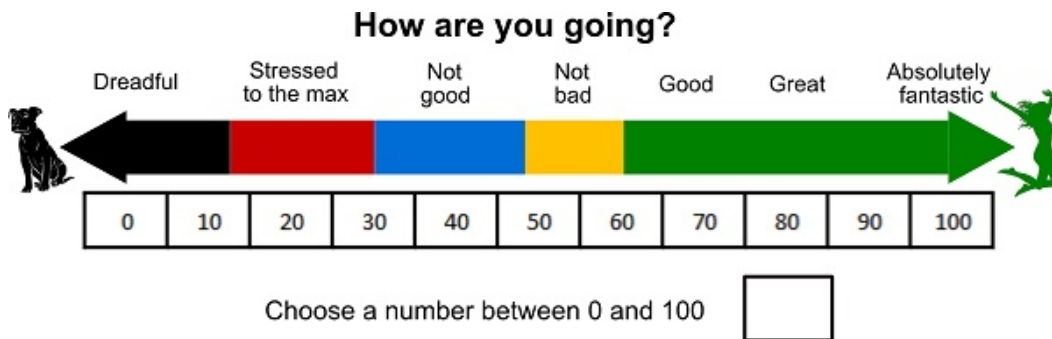
## 1. HOW ARE YOU GOING?

For centuries whenever Australians have met, they've been asking each other 'ow-y-garn'. One word. The usual response is 'not-bad-ows-y-self'.

Can you think of two more negative words to string together to describe how you feel than 'not' and 'bad'?

The 100 point 'how are you going' scale will enable you to give a more precise answer to the question.

The scale goes from zero (dreadful) through to 100 (absolutely fantastic).



This is the question that people ought to be invited to answer whenever they use an automatic teller machine, whenever they clock in at work, when they are at the supermarket checkout, via their phone and internet provider ...

The results would provide the evening news with a useful metric on the health, fitness and wellbeing of the nation.

## 2. HEALTH CLIMATE SURVEY – a good score is a low score

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the rest of the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realize how stressed you are until you complete this questionnaire, but your body does. The body is incapable of dishonesty!

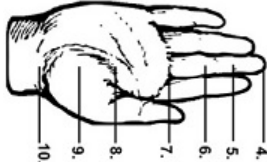
**Circle the number** appropriate to the degree to which you experience the symptoms on the left-hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page.

|                                                                 | None |   | Not much |   | A fair bit |   | A lot |   |   |      |
|-----------------------------------------------------------------|------|---|----------|---|------------|---|-------|---|---|------|
| 1. Headaches (including migraines)                              | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 2. Lack of energy and vitality                                  | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 3. Candida - jock itch, thrush, tinea, furry tongue             | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 4. Poor sleep. (Score 10 if on medication)                      | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 5. Snoring and/or sleep apnoea (Use gas mask, score 10)         | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 6. Musculo-skeletal dysfunction: joint and muscle pain          | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 7. Frequent colds, flu and sinus                                | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 8. Unsettled stomach, reflux. (If on medication score 10)       | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 9. Overweight - 1 point for every 2Kg overweight                | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 10. Irritable bowel, constipation, diarrhoea, piles ...         | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 11. Shortness of breath from asthma                             | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 12. Low level of fitness*                                       | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 13. Chest pain, palpitations                                    | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 14. Rashes, zits, skin outbreaks, psoriasis, itchy skin         | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 15. Mouth ulcers, cold sores ...                                | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 16. Elevated blood pressure (Score 10 if on medication)         | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 17. Elevated blood cholesterol (Score 10 if on medication)      | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 18. Elevated blood glucose (Score 10 if on medication)          | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 19. Shakes, nervous tics and mannerisms                         | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 20. Grinding teeth                                              | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 21. Drinking too much alcohol (2 points per drink/day)          | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 22. Smoking too many cigarettes (1 point per cigarette per day) | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 23. Drinking too much caffeine (1 point per cup per day)        | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 24. Anxious about life, insecure, apprehensive about the future | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 25. Are you depressed? (Score 10 if on medication)              | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 26. Are you in the wrong job?                                   | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 27. Do you feel under-appreciated at work?                      | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 28. Do you have a poor work/life balance?                       | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 29. Are you unhappy with your family life?                      | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |
| 30. Are you unhappy with your financial status?                 | 0    | 1 | 2        | 3 | 4          | 5 | 6     | 7 | 8 | 9 10 |

The score of a normal, fit and healthy human being is less than? Find out on page 25.

**TOTAL**

### 3. UNIVERSAL FITNESS TEST – for regular folks

|                                                                                                                                                                                                                                                                                  |                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1. Body composition.</b><br/>How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight or use percent body fat..</p>                                                                                                         |                                                                                         |
| <p><b>2. Lower body strength – squat</b><br/>How many squats can you until exhaustion? Your bottom must go lower than the crease at the back of your knees.<br/><br/>If you've got sore knees either don't proceed or <b>proceed with caution</b>. Suggest a 3cm heel raise.</p> |                                                                                         |
| <p><b>3. Front of body strength – sit-ups to exhaustion.</b> Arms crossed and hands clasping alternate shoulders: knees bent.<br/><br/>There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe.</p>              | <br>If it hurts, stop doing it                                                          |
| <p><b>4. Upper body strength – press-ups to exhaustion.</b><br/>If you've got painfully sore shoulders either don't do this exercise or <b>proceed with caution</b> – and don't do too many.</p>                                                                                 |                                                                                        |
| <p><b>5. Hamstring flexibility - sit and reach</b><br/>Sitting on the floor, with feet outstretched in front of you, see how far down toward or past your toes you can reach with your fingers. Keep the back of your knees flat on the floor.</p>                               |   |
| <p><b>6. Buttock flexibility</b> - ability to sit up straight with legs crossed<br/>With legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>                                                                     |                                                                                       |
| <p><b>7. Shoulder function</b><br/>Stand with heels and back against the wall, arms and wrists vertical in the 'surrender position'. The further they are away (in cms) the lower the score.</p>                                                                                 |                                                                                       |
| <p><b>8. Aerobic fitness - 20m laps in 5 minutes</b><br/><br/>How man 20m laps can you complete in 5 minutes.<br/><br/>One foot must go past the line each time you turn.</p>                                                                                                    |                                                                                       |

## UNIVERSAL FITNESS TEST SCORES

### 1. Body composition: how close are you to your ideal weight?

Current weight ..... Ideal weight ..... Percent body fat .....

|  |                  |     |     |     |     |     |     |     |     |  |
|--|------------------|-----|-----|-----|-----|-----|-----|-----|-----|--|
|  | Kg over ideal wt | >25 | <25 | <20 | <15 | <10 | <7  | <4  | <2  |  |
|  | % fat men        | <40 | <40 | <36 | <32 | <29 | <26 | <23 | <20 |  |
|  | % fat women      | <50 | <50 | <46 | <42 | <39 | <36 | <33 | <30 |  |
|  |                  | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  |  |

### 2. Lower body strength – squats – until exhaustion #.....

Squat so your bottom goes down to at least the crease in the back of your knees and stand up straight with legs fully extended.

|    |   |   |    |    |    |    |    |    |    |    |
|----|---|---|----|----|----|----|----|----|----|----|
| >6 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 0  | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

### 3. Front of body strength – situps feet held - until exhaustion #.....

Men on toes, women on front of thighs.

|    |   |   |    |    |    |    |    |    |    |    |
|----|---|---|----|----|----|----|----|----|----|----|
| >6 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 0  | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

### 4. Upper body strength – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

|    |   |   |    |    |    |    |    |    |    |    |
|----|---|---|----|----|----|----|----|----|----|----|
| >6 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 0  | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

### 5. Hamstring flexibility – sit and reach

Sitting on the floor with feet outstretched in front of you, see how far down toward, or past your toes you can reach with your fingers. Keep your legs straight, back of knees on the floor.

|             |         |   |   |      |   |   |       |
|-------------|---------|---|---|------|---|---|-------|
| Can't touch | Fingers |   |   | Palm |   |   | Wrist |
| 0           | 4       | 5 | 6 | 7    | 8 | 9 | 10    |

### 6. Buttock Flexibility - ability to sit up straight, legs crossed, hands behind back.

|                 |          |      |        |      |      |         |
|-----------------|----------|------|--------|------|------|---------|
| Right leg under | Big fail | Nope | Almost | Just | Good | Perfect |
|                 | 0        | 1    | 2      | 3    | 4    | 5       |

| Left leg under | Big fail | Nope | Almost | Just | Good | Perfect |
|----------------|----------|------|--------|------|------|---------|
| 0              | 1        | 2    | 3      | 4    | 5    |         |

Ttl

### 7. Shoulder function - stand with heels and back against the wall, arms and wrists vertical in the 'surrender' position. The further they are away, from the wall (in cms) the lower the score.

|     |    |    |    |   |   |   |   |   |   |      |
|-----|----|----|----|---|---|---|---|---|---|------|
| >15 | 15 | 13 | 11 | 9 | 7 | 5 | 3 | 2 | 1 | Flat |
| 0   | 1  | 2  | 3  | 4 | 5 | 6 | 7 | 8 | 9 | 10   |

### 8. Aerobic fitness – 5 minute, 20m lap run. Laps .....

|        |     |    |    |    |    |    |    |    |    |    |    |
|--------|-----|----|----|----|----|----|----|----|----|----|----|
| Men    | <22 | 22 | 24 | 26 | 28 | 33 | 32 | 34 | 36 | 38 | 40 |
| Women  | <20 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 |
| Points | 0   | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

X 3

If you want to be fit and healthy, exercise like fit and healthy people exercise!

TOTAL

## 4. ELITE FITNESS TEST – for sports people and elite force personal

The Elite Fitness Test has the same tests as the Universal Fitness Test – only with higher standard.

### 1. Body composition: how close are you to your ideal weight?

Current weight ..... Ideal weight ..... Percent body fat .....

|  |                  |     |     |     |     |     |     |     |    |
|--|------------------|-----|-----|-----|-----|-----|-----|-----|----|
|  | Kg over ideal wt | >25 | <25 | <20 | <15 | <10 | <7  | <4  | <2 |
|  | % fat men        | 26  | <26 | <34 | <22 | <20 | <18 | <16 |    |
|  | % fat women      | >34 | <34 | <32 | <30 | <28 | <26 | <24 |    |
|  |                  | 0   | 5   | 6   | 7   | 8   | 9   | 10  |    |

### 2. Lower body strength – squats – until exhaustion #.....

Squat so your bottom goes down to at least the crease in the back of your knees and stand up straight with legs fully extended.

|     |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| <35 | 35 | 38 | 41 | 44 | 47 | 50 |
| 0   | 5  | 6  | 7  | 8  | 9  | 10 |

### 3. Front of body strength – situps feet held – until exhaustion #.....

Men on toes, women on front of thighs.

|     |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| <35 | 35 | 39 | 41 | 44 | 47 | 50 |
| 0   | 5  | 6  | 7  | 8  | 9  | 10 |

### 4. Upper body strength – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

|     |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| >35 | 35 | 38 | 41 | 44 | 47 | 50 |
| 0   | 5  | 6  | 7  | 8  | 9  | 10 |

### 5. Hamstring flexibility – sit and reach

Sitting on the floor with feet outstretched in front of you, see how far down toward, or past your toes you can reach with your fingers. Keep your legs straight, back of knees on the floor.

|                  |         |   |   |      |   |   |       |
|------------------|---------|---|---|------|---|---|-------|
| Can't touch toes | Fingers |   |   | Palm |   |   | Wrist |
| 0                | 4       | 5 | 6 | 7    | 8 | 9 | 10    |

### 6. Buttock Flexibility – ability to sit up straight, legs crossed, hands behind back.

|                 |          |      |        |      |      |         |
|-----------------|----------|------|--------|------|------|---------|
| Right leg under | Big fail | Nope | Almost | Just | Good | Perfect |
| 0               | 1        | 2    | 3      | 4    | 5    |         |

|                |          |      |        |      |      |         |
|----------------|----------|------|--------|------|------|---------|
| Left leg under | Big fail | Nope | Almost | Just | Good | Perfect |
| 0              | 1        | 2    | 3      | 4    | 5    |         |

Ttl

### 7. Shoulder function – stand with heels and back against the wall, arms and wrists vertical in the 'surrender' position. The further they are away, from the wall (in cms) the lower the score.

|     |    |    |    |   |   |   |   |   |   |      |
|-----|----|----|----|---|---|---|---|---|---|------|
| >15 | 15 | 13 | 11 | 9 | 7 | 5 | 3 | 2 | 1 | Flat |
| 0   | 1  | 2  | 3  | 4 | 5 | 6 | 7 | 8 | 9 | 10   |

### 8. Aerobic fitness – 5 minute, 20m lap run. Laps .....

|        |     |    |    |    |    |    |    |
|--------|-----|----|----|----|----|----|----|
| Men    | <45 | 45 | 47 | 49 | 51 | 53 | 55 |
| Women  | <43 | 43 | 45 | 47 | 49 | 51 | 53 |
| Points | 0   | 5  | 6  | 7  | 8  | 9  | 10 |

X 3

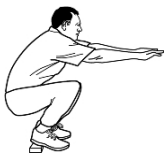
If you want to be fit and healthy, exercise like fit and healthy people exercise!

TOTAL

## 5. SPECIFIC JOINT CONDITION ASSESSMENT

|                                                                                                                                          | Dreadful |   |   |   |   |   |   |   |   |   |    | Good                                      | Score |
|------------------------------------------------------------------------------------------------------------------------------------------|----------|---|---|---|---|---|---|---|---|---|----|-------------------------------------------|-------|
|                                                                                                                                          |          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |                                           |       |
| 6. Lower back. Rate the current condition of your lower back.                                                                            |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 2. Upper back. Rate the current condition of your upper back.                                                                            |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 3. Neck. Rate the current condition of your neck.                                                                                        |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 4. Right shoulder. Rate the current condition of your right shoulder.                                                                    |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 5. Left shoulder. Rate the current condition of your left shoulder.                                                                      |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 6. Right wrist. Rate the current condition of your right wrist and hand.                                                                 |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 7. Left wrist. Rate the current condition of your left wrist and hand.                                                                   |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 8. Right hip. Rate the current condition of your right hip.                                                                              |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 9. Left hip. Rate the current condition of your left hip.                                                                                |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 10. Right knee. Rate the current condition of your right knee.                                                                           |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 11. Left knee. Rate the current condition of your left knee.                                                                             |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 12. Right lower leg. Rate the current condition of your lower leg, and foot.<br>Do you suffer from shin splints, Achilles tendonitis ... |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 13. Left lower leg. Rate the current condition of your lower leg, and foot.<br>Do you suffer from shin splints, Achilles tendonitis ...  |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 14. Right foot. Rate the current condition of your right foot. Do you suffer from<br>heel pain, plantar fasciitis, malformed toes ....   |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/>                      |       |
| 15. Left foot. Rate the current condition of your left foot. Do you suffer from<br>heel pain, plantar fasciitis, malformed toes ....     |          |   |   |   |   |   |   |   |   |   |    | <input type="text"/> <input type="text"/> |       |

## 6. MUSCULO-SKELETAL FITNESS

|                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>6. Current condition</b><br/>This is a subjective assessment of how <i>you</i> perceive your current level of musculo-skeletal health. Take into account aches and pains and limited mobility and function compared with when you were 'at your peak'.</p>                                                                     |                                                                                                                                                                               |
| <p><b>2. Body composition.</b><br/>How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight. In a clinical situation we'd use percent body fat.</p>                                                                                                                                   |                                                                                            |
| <p><b>3. Lower body strength – squats</b> – how many squats can you do until exhaustion. Your bottom must go lower than the crease at the back of your knees.</p> <p>If you've got sore knees either don't proceed or <b>proceed with caution</b>.</p>                                                                               |                                                                                            |
| <p><b>4. front of body strength</b> – sit-ups to exhaustion. Arms crossed and hands clasping shoulders: knees bent. There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. <b>Proceed with caution</b>.</p> | <br>If it hurts, stop doing it                                                             |
| <p><b>5. Upper body strength – press-ups</b> to exhaustion.<br/>If you've got painfully sore shoulders either don't do this exercise or <b>proceed with caution</b> – don't burst your boiler</p>                                                                                                                                    |                                                                                            |
| <p><b>6. Hamstring Flexibility – sit and reach</b><br/>Sitting on the floor, with feet outstretched in front of you, see how far down toward or past toes you can reach with your fingers. Keep your knees straight</p>                                                                                                              | <br> |
| <p><b>7. Buttock flexibility</b> - ability to sit up straight with legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>                                                                                                                                               |                                                                                          |
| <p><b>8. Shoulder function</b> – wall test<br/>Stand with you heels, bottom and shoulders back to the wall. Place your hands in the surrender position.</p> <p>The aim is to get your fingers, wrists and forearms flat against the wall.</p>                                                                                        |                                                                                          |
| <p><b>9. Strength training behaviour</b></p>                                                                                                                                                                                                                                                                                         |                                                                                                                                                                               |
| <p><b>10. Flexibility training behaviour</b></p>                                                                                                                                                                                                                                                                                     |                                                                                                                                                                               |

## MUSCULO-SKELETAL FITNESS SCORES

### 1. Current condition.

How would you rate the current condition of your musculo-skeletal system?

|          |   |   |   |   |   |   |   |   |   |           |
|----------|---|---|---|---|---|---|---|---|---|-----------|
| Dreadful |   |   |   |   |   |   |   |   |   | Excellent |
| 0        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10        |

### 2. Body composition: how close are you to your ideal weight?

Current weight ..... Ideal weight ..... Percent body fat .....

|             |                  |     |     |     |     |     |     |     |     |
|-------------|------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|             | Kg over ideal wt | >25 | <25 | <20 | <15 | <10 | <7  | <4  | <2  |
| % fat men   |                  | <40 | <40 | <36 | <32 | <29 | <26 | <23 | <20 |
| % fat women |                  | <50 | <50 | <46 | <42 | <39 | <36 | <33 | <30 |
|             |                  | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  |

### 3. Lower body strength – squats – until exhaustion #.....

Squat so your bottom goes down to at least the crease in the back of your knees and stand up straight with legs fully extended.

|    |   |   |    |    |    |    |    |    |    |    |
|----|---|---|----|----|----|----|----|----|----|----|
| >6 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 0  | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

### 4. Front of body strength – situps feet held - until exhaustion #.....

Men on toes, women on front of thighs.

|    |   |   |    |    |    |    |    |    |    |    |
|----|---|---|----|----|----|----|----|----|----|----|
| >6 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 0  | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

### 5. Upper body strength – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

|    |   |   |    |    |    |    |    |    |    |    |
|----|---|---|----|----|----|----|----|----|----|----|
| >6 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 0  | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

### 6. Hamstring flexibility – sit and reach. How far down can you reach.

|                  |         |   |   |      |   |   |       |
|------------------|---------|---|---|------|---|---|-------|
| Can't touch toes | Fingers |   |   | Palm |   |   | Wrist |
| 0                | 4       | 5 | 6 | 7    | 8 | 9 | 10    |

### 7. Buttock Flexibility - ability to sit up straight, legs crossed, hands behind back.

|                 |          |      |        |      |      |         |
|-----------------|----------|------|--------|------|------|---------|
| Right leg under | Big fail | Nope | Almost | Just | Good | Perfect |
|                 | 0        | 1    | 2      | 3    | 4    | 5       |

|                |          |      |        |      |      |         |
|----------------|----------|------|--------|------|------|---------|
| Left leg under | Big fail | Nope | Almost | Just | Good | Perfect |
| 0              | 1        | 2    | 3      | 4    | 5    |         |

Ttl

### 8. Shoulder function – stand against the wall, arms vertical in the 'surrender' position. The further they are away from the wall (in cms) the lower the score.

|     |    |    |    |   |   |   |   |   |   |      |
|-----|----|----|----|---|---|---|---|---|---|------|
| >15 | 15 | 13 | 11 | 9 | 7 | 5 | 3 | 2 | 1 | Flat |
| 0   | 1  | 2  | 3  | 4 | 5 | 6 | 7 | 8 | 9 | 10   |

### 9. Strength training behaviour

Do you have a regular strength training program. Sessions per week.

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 |   | 1 |   |   | 2 |   |   |   |   | 3  |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

### 10. Flexibility training behaviour

Do you have a regular flexibility training program. Sessions per week.

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 |   | 1 |   |   | 2 |   |   |   |   | 3  |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

The 'pass mark' is 70/100.

TOTAL/100

## 7. METABOLIC FITNESS

Poor metabolic health is a sign of risk of cardio-vascular dysfunction, stroke, diabetes and a host of other metabolically-related body system dysfunctions.

1. What was your score on the **Health, Fitness and Wellbeing profile?**

|      |     |     |    |    |     |    |    |    |    |     |  |
|------|-----|-----|----|----|-----|----|----|----|----|-----|--|
| High |     |     |    |    | Low |    |    |    |    |     |  |
| >120 | 120 | 100 | 80 | 70 | 60  | 50 | 40 | 30 | 20 | <20 |  |
| 0    | 1   | 2   | 3  | 4  | 5   | 6  | 7  | 8  | 9  | 10  |  |

2. **Body composition:** how close are you to being your **ideal weight**? Use your own estimate of Kg over your ideal weight or your **percent body fat**.

|                      |     |     |                    |     |     |                        |     |     |  |  |  |
|----------------------|-----|-----|--------------------|-----|-----|------------------------|-----|-----|--|--|--|
| Current weight ..... |     |     | Ideal weight ..... |     |     | Percent body fat ..... |     |     |  |  |  |
| Kg over ideal wt     | >25 | <25 | <20                | <15 | <10 | <7                     | <4  | <2  |  |  |  |
| % fat men            | <40 | <40 | <36                | <32 | <29 | <26                    | <23 | <20 |  |  |  |
| % fat women          | <30 | <30 | <26                | <22 | <19 | <16                    | <13 | <10 |  |  |  |
|                      | 3   | 4   | 5                  | 6   | 7   | 8                      | 9   | 10  |  |  |  |

3. **Blood Glucose level** - mmol/l ..... Preferably fasted. Score 0 if on medication.

|      |     |      |      |      |      |      |      |             |  |  |  |
|------|-----|------|------|------|------|------|------|-------------|--|--|--|
| Poor |     |      |      |      | Good |      |      |             |  |  |  |
| >10  | <10 | <9.0 | <8.5 | <8.0 | <7.5 | <7.0 | <6.5 | Less than 6 |  |  |  |
| 0    | 1   | 2    | 3    | 4    | 5    | 6    | 7    | 10          |  |  |  |

4. **Cholesterol level:** (total: unfasted) - mmol/l #..... Score 0 if on medication

|      |      |      |      |      |      |      |      |      |      |    |  |
|------|------|------|------|------|------|------|------|------|------|----|--|
| Poor |      |      |      |      | Good |      |      |      |      |    |  |
| >8.5 | <8.5 | <8.0 | <7.0 | <6.5 | <6.0 | <5.5 | <5.0 | <4.6 | <4.3 | <4 |  |
| 0    | 1    | 2    | 3    | 4    | 5    | 6    | 7    | 8    | 9    | 10 |  |

5. **Blood pressure - systolic** ...../ (The higher figure.) #.....  
Normal is 120 for men and 110 - 120 for women. Score 0 if on medication.

|      |      |      |      |      |      |      |      |      |  |  |  |
|------|------|------|------|------|------|------|------|------|--|--|--|
| Poor |      |      |      |      | Good |      |      |      |  |  |  |
| >155 | <155 | <150 | <145 | <140 | <135 | <130 | <125 | <120 |  |  |  |
| 0    | 3    | 4    | 5    | 6    | 7    | 8    | 9    | 10   |  |  |  |

6. **Blood pressure - diastolic** ...../ (The lower figure.) #.....  
Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

|      |      |      |     |     |      |     |     |     |  |  |  |
|------|------|------|-----|-----|------|-----|-----|-----|--|--|--|
| Poor |      |      |     |     | Good |     |     |     |  |  |  |
| >105 | <105 | <100 | <97 | <94 | <90  | <87 | <84 | <80 |  |  |  |
| 0    | 3    | 4    | 5   | 6   | 7    | 8   | 9   | 10  |  |  |  |

7. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

Yes

No



8. **Aerobic fitness** – 5 minute, 20m lap run. Laps .....

|   |     |    |    |    |    |    |    |    |    |    |    |
|---|-----|----|----|----|----|----|----|----|----|----|----|
| M | <20 | 20 | 22 | 24 | 26 | 28 | 30 | 34 | 36 | 38 | 40 |
| F | >20 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 30 |
|   | 0   | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |

X 3

A score below 70 is an indication of risk of cardiac malfunction.

TOTAL

Any score below 7 can be regarded as a 'strike' against you. Your **metabolic health risk** is low if you score over 70, medium: between 50 and 69, high: below 50. Your metabolic health risk factor score can be improved dramatically with regular, vigorous physical activity, eating from the top of the Hourglass and meditation.

## 8. DIET

1. **Body composition:** how close are you to being your **ideal weight**? Use your own estimate of Kg over your ideal weight or your **percent body fat**.

|                      |                    |                        |     |     |     |     |     |     |  |
|----------------------|--------------------|------------------------|-----|-----|-----|-----|-----|-----|--|
| Current weight ..... | Ideal weight ..... | Percent body fat ..... |     |     |     |     |     |     |  |
| Kg over ideal wt     | >25                | <25                    | <20 | <15 | <10 | <7  | <4  | <2  |  |
| % fat men            | <40                | <40                    | <36 | <32 | <29 | <26 | <23 | <20 |  |
| % fat women          | <30                | <30                    | <26 | <22 | <19 | <16 | <13 | <10 |  |
|                      | 3                  | 4                      | 5   | 6   | 7   | 8   | 9   | 10  |  |

2. Do you eat a **decent breakfast** or is it just flour and sugar?

|    |   |   |   |   |   |   |   |   |   |   |     |  |
|----|---|---|---|---|---|---|---|---|---|---|-----|--|
| No |   |   |   |   |   |   |   |   |   |   | Yes |  |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |

3. For your weight do you eat a **high fat** diet?

|     |   |   |   |   |   |   |   |   |   |   |    |  |
|-----|---|---|---|---|---|---|---|---|---|---|----|--|
| Yes |   |   |   |   |   |   |   |   |   |   | No |  |
|     | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |

4. For your weight, do you eat a **high flour and sugar** diet?

|     |   |   |   |   |   |   |   |   |   |   |    |  |
|-----|---|---|---|---|---|---|---|---|---|---|----|--|
| Yes |   |   |   |   |   |   |   |   |   |   | No |  |
|     | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |

5. Do you eat predominantly from the top of the **Hourglass**

|    |   |   |   |   |   |   |   |   |   |   |     |  |
|----|---|---|---|---|---|---|---|---|---|---|-----|--|
| No |   |   |   |   |   |   |   |   |   |   | Yes |  |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |

6. How many glasses of plain, unadulterated **water** do you drink each day?

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
|   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | >6 |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

7. Do you believe you're getting enough of the **essential vitamins, minerals ...**?

|    |   |   |   |   |   |   |   |   |   |   |     |  |
|----|---|---|---|---|---|---|---|---|---|---|-----|--|
| No |   |   |   |   |   |   |   |   |   |   | Yes |  |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |

8. Do you **eat too much**?

|     |   |   |   |   |   |   |   |   |   |   |    |  |
|-----|---|---|---|---|---|---|---|---|---|---|----|--|
| Yes |   |   |   |   |   |   |   |   |   |   | No |  |
|     | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |

9. Are you ruled by your **cravings** for foods which are not good for you?

|     |   |   |   |   |   |   |   |   |   |   |    |  |
|-----|---|---|---|---|---|---|---|---|---|---|----|--|
| Yes |   |   |   |   |   |   |   |   |   |   | No |  |
|     | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |

10. Does the **back end** of your system work like a charm?

|    |   |   |   |   |   |   |   |   |   |   |              |  |
|----|---|---|---|---|---|---|---|---|---|---|--------------|--|
| No |   |   |   |   |   |   |   |   |   |   | Like a charm |  |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10           |  |

If you want to be fit and healthy, eat how fit and healthy people eat!

**TOTAL**

## 9. CHEMICAL INTAKE

1. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

Tick the box if you're ready to give it away. ☐

2. How many standard **alcoholic drinks** do you have a week?

| High |    |    |    |   | Medium |   |   | Low |   | Nil |
|------|----|----|----|---|--------|---|---|-----|---|-----|
| >20  | 20 | 15 | 10 | 7 |        | 5 |   | 3   |   |     |
| 0    | 1  | 2  | 3  | 4 | 5      | 6 | 7 | 8   | 9 | 10  |

☐

3. Do you drink too much **caffeine**? How many cups of coffee or cola drinks do you have a day? We live in a high caffeine culture!

| Yes |  |   |   |   |   |   |   |   | No |
|-----|--|---|---|---|---|---|---|---|----|
| >5  |  | 5 | 4 | 3 |   | 2 | 1 |   | 0  |
| 0   |  | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

☐

4. Are you a **high salt eater**? If you add lots of salt to your food; if you eat Salty food (chips, nuts, Vegemite, take-aways ...), score low.

| Yes |   |   |   |   |   |   |   |   | No |    |
|-----|---|---|---|---|---|---|---|---|----|----|
|     |   |   |   |   |   |   |   |   |    |    |
| 0   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10 |

☐

5. How do you rate your reliance on **anti-inflammatory** tablets?  
Score 0 if you're currently on them daily.

|      |   |   |   |   |   |   |     |   |     |    |
|------|---|---|---|---|---|---|-----|---|-----|----|
| High |   |   |   |   |   |   | Low |   | Nil |    |
|      |   |   |   |   |   |   |     |   |     |    |
| 0    | 1 | 2 | 3 | 4 | 5 | 6 | 7   | 8 | 9   | 10 |

☐

6. How do you rate your reliance on **headache and pain killing** tablets?

|      |   |   |   |   |   |   |   |   |   |     |  |     |
|------|---|---|---|---|---|---|---|---|---|-----|--|-----|
| High |   |   |   |   |   |   |   |   |   | Low |  | Nil |
|      |   |   |   |   |   |   |   |   |   |     |  |     |
| 0    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |     |

☐

7. Are you on **sleeping** (tranquillizers, hypnotics, relaxants) tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

8. Are you on **anti-depressant** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

9. Are you on **blood pressure** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

10. Are you on **diabetes** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

Want to stop smoking? Tell your *Self* to stop buying cigarettes!

TOTAL

## 10. STRESS RISK - this profile is based on the habits of unstressed people.

1. Rate your ability to manage the stress of your life.

|     |   |   |   |   |   |   |        |   |   |      |  |
|-----|---|---|---|---|---|---|--------|---|---|------|--|
| Low |   |   |   |   |   |   | Medium |   |   | High |  |
|     |   |   |   |   |   |   |        |   |   |      |  |
| 0   | 1 | 2 | 3 | 4 | 5 | 6 | 7      | 8 | 9 | 10   |  |

2. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log?

|    |   |   |   |   |   |   |     |   |   |    |
|----|---|---|---|---|---|---|-----|---|---|----|
| No |   |   |   |   |   |   | Yes |   |   |    |
|    |   |   |   |   |   |   |     |   |   |    |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7   | 8 | 9 | 10 |

3. What was the longest number of **consecutive days holiday** you had away from home in the last 12 months?

|   |   |   |   |   |   |    |   |   |   |    |
|---|---|---|---|---|---|----|---|---|---|----|
| 0 |   |   | 7 |   |   | 14 |   |   |   | 21 |
| 0 | 1 | 2 | 3 | 4 | 5 | 6  | 7 | 8 | 9 | 10 |

4. Are you keeping yourself **fit and healthy** to the best of your ability?

|    |   |   |   |   |   |   |     |   |   |    |
|----|---|---|---|---|---|---|-----|---|---|----|
| No |   |   |   |   |   |   | Yes |   |   |    |
|    |   |   |   |   |   |   |     |   |   |    |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7   | 8 | 9 | 10 |

5. Is there **balance** in your life?

|    |   |   |   |   |   |   |     |   |   |    |
|----|---|---|---|---|---|---|-----|---|---|----|
| No |   |   |   |   |   |   | Yes |   |   |    |
|    |   |   |   |   |   |   |     |   |   |    |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7   | 8 | 9 | 10 |

6. Do you **take time off** at lunchtime to get away from your desk? If you do some exercise give yourself 10.

|    |   |   |   |   |   |   |     |   |   |    |
|----|---|---|---|---|---|---|-----|---|---|----|
| No |   |   |   |   |   |   | Yes |   |   |    |
|    |   |   |   |   |   |   |     |   |   |    |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7   | 8 | 9 | 10 |

7. What is the average number of **hours you work** each week - if you have young children include work-work and domestic work?

|   |     |   |    |   |    |   |    |   |     |
|---|-----|---|----|---|----|---|----|---|-----|
|   | 65+ |   | 60 |   | 55 |   | 50 |   | <45 |
| 0 | 1   | 2 | 3  | 4 | 5  | 6 | 7  | 8 | 10  |

8. Are you good at giving back to your **Self**?

|    |   |   |   |   |   |   |     |   |   |    |
|----|---|---|---|---|---|---|-----|---|---|----|
| No |   |   |   |   |   |   | Yes |   |   |    |
|    |   |   |   |   |   |   |     |   |   |    |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7   | 8 | 9 | 10 |

9. How many times a week do you **meditate**, for 10 minutes or more?

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 |   | 1 |   | 2 |   | 3 |   | 4 |   | 5  |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

10. Are you happy with your **family** (and romantic) **life**?

|            |   |   |   |   |   |   |      |   |   |    |
|------------|---|---|---|---|---|---|------|---|---|----|
| Not at all |   |   |   |   |   |   | Very |   |   |    |
|            |   |   |   |   |   |   |      |   |   |    |
| 0          | 1 | 2 | 3 | 4 | 5 | 6 | 7    | 8 | 9 | 10 |

To better manage your stress, do the things that unstressed people do!

**TOTAL**

## 11. CAREER SATISFACTION

1. How close are you to doing **the job you'd really love to be doing?**

|             |   |   |   |   |   |   |   |   |   |           |  |  |  |  |  |  |  |  |  |
|-------------|---|---|---|---|---|---|---|---|---|-----------|--|--|--|--|--|--|--|--|--|
| Miles away. |   |   |   |   |   |   |   |   |   | I'm there |  |  |  |  |  |  |  |  |  |
|             |   |   |   |   |   |   |   |   |   |           |  |  |  |  |  |  |  |  |  |
| 0           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10        |  |  |  |  |  |  |  |  |  |

2. **Are you in the right job for now?** Do you enjoy your work?

|    |   |   |   |   |   |   |   |   |   |            |  |  |  |  |  |  |  |  |  |
|----|---|---|---|---|---|---|---|---|---|------------|--|--|--|--|--|--|--|--|--|
| No |   |   |   |   |   |   |   |   |   | Absolutely |  |  |  |  |  |  |  |  |  |
|    |   |   |   |   |   |   |   |   |   |            |  |  |  |  |  |  |  |  |  |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10         |  |  |  |  |  |  |  |  |  |

1. 2. How stressful do you find your job. Is it giving you life or sucking life out of you? i.e. work sucks!

|         |   |   |   |   |   |   |   |   |   |        |  |  |  |  |  |  |  |  |  |
|---------|---|---|---|---|---|---|---|---|---|--------|--|--|--|--|--|--|--|--|--|
| Sucking |   |   |   |   |   |   |   |   |   | Giving |  |  |  |  |  |  |  |  |  |
|         |   |   |   |   |   |   |   |   |   |        |  |  |  |  |  |  |  |  |  |
| 0       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10     |  |  |  |  |  |  |  |  |  |

4. Are you focused on your **career options** or are you leaving them to chance?

|            |   |   |   |   |   |   |   |   |   |         |  |  |  |  |  |  |  |  |  |
|------------|---|---|---|---|---|---|---|---|---|---------|--|--|--|--|--|--|--|--|--|
| Unfocussed |   |   |   |   |   |   |   |   |   | Focused |  |  |  |  |  |  |  |  |  |
|            |   |   |   |   |   |   |   |   |   |         |  |  |  |  |  |  |  |  |  |
| 0          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10      |  |  |  |  |  |  |  |  |  |

5. Do you get good feedback from your manager?

|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
|----|---|---|---|---|---|---|---|---|---|-----|--|--|--|--|--|--|--|--|--|
| No |   |   |   |   |   |   |   |   |   | Yes |  |  |  |  |  |  |  |  |  |
|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |  |  |  |  |  |  |  |  |

6. Do you receive an appropriate **financial reward** for the work you do?

|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
|----|---|---|---|---|---|---|---|---|---|-----|--|--|--|--|--|--|--|--|--|
| No |   |   |   |   |   |   |   |   |   | Yes |  |  |  |  |  |  |  |  |  |
|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |  |  |  |  |  |  |  |  |

7. Do you feel that you and your work are **valued** and **appreciated**?

|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
|----|---|---|---|---|---|---|---|---|---|-----|--|--|--|--|--|--|--|--|--|
| No |   |   |   |   |   |   |   |   |   | Yes |  |  |  |  |  |  |  |  |  |
|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |  |  |  |  |  |  |  |  |

8. Do you work for an organisation that **cares** about people, including yourself?

|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
|----|---|---|---|---|---|---|---|---|---|-----|--|--|--|--|--|--|--|--|--|
| No |   |   |   |   |   |   |   |   |   | Yes |  |  |  |  |  |  |  |  |  |
|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |  |  |  |  |  |  |  |  |

9. Do you **enjoy the company** of the people with whom you work?

|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
|----|---|---|---|---|---|---|---|---|---|-----|--|--|--|--|--|--|--|--|--|
| No |   |   |   |   |   |   |   |   |   | Yes |  |  |  |  |  |  |  |  |  |
|    |   |   |   |   |   |   |   |   |   |     |  |  |  |  |  |  |  |  |  |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |  |  |  |  |  |  |  |  |  |

10. What's the level of **morale** like, just in your work group?

|          |   |   |   |   |   |   |   |   |   |           |  |  |  |  |  |  |  |  |  |
|----------|---|---|---|---|---|---|---|---|---|-----------|--|--|--|--|--|--|--|--|--|
| Dreadful |   |   |   |   |   |   |   |   |   | Fantastic |  |  |  |  |  |  |  |  |  |
|          |   |   |   |   |   |   |   |   |   |           |  |  |  |  |  |  |  |  |  |
| 0        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10        |  |  |  |  |  |  |  |  |  |

If you want to enjoy your work, do what people who enjoy their work **TOTAL** do.

## 12. MEANING AND PURPOSE

1. Are you living the life you'd like to live?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

2. Are you a power in your own life? Are you getting enough of what you want?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

3. Are you a power in the lives of other people?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

4. Are you an optimistic person?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

5. Do you have wisdom?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

6. Are you a courageous person? Do you know what your heart's desire is and are you on the way toward it? If you're there score 10.

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

7. Is there a lot of love in your life?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

8. Are you a person of integrity? Do you do what you say you're going to do?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

9. Are you an enthusiastic person?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

10. Are you thankful for what you've got?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

If you want to enjoy your work, do what people who enjoy their work do.

**TOTAL**

### 13. FAMILY LIFE

This is a family centred profile. If it don't have a partner, parents or children, either it matters or it doesn't! You'll be able to give yourself an appropriate score.

1. Are you living the family life you'd like to live?

|    |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   | Yes |
|    |   |   |   |   |   |   |   |   |   |     |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

2. Do you have a partner who shares similar values, goals and interests?

|    |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   | Yes |
|    |   |   |   |   |   |   |   |   |   |     |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

3. How many weeks since you and your partner went out together?

|     |    |   |   |   |   |   |   |   |   |    |
|-----|----|---|---|---|---|---|---|---|---|----|
| >10 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1  |
| 0   | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

4. How many days since you went for a walk or did some physical activity with your spouse/partner?

|     |    |   |   |   |   |   |   |   |   |    |
|-----|----|---|---|---|---|---|---|---|---|----|
| >10 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1  |
| 0   | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

5. How many days since you told someone that you love them?

|     |    |   |   |   |   |   |   |   |   |    |
|-----|----|---|---|---|---|---|---|---|---|----|
| >10 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1  |
| 0   | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

6. Did you spend quality time with your children this week? If they no longer live with you do you keep in contact with them?

|    |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   | Yes |
|    |   |   |   |   |   |   |   |   |   |     |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

7. Do you keep in touch with your parents, brothers and sisters?

|    |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   | Yes |
|    |   |   |   |   |   |   |   |   |   |     |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

8. How many weeks since you took a special 'something' home?

|     |    |   |   |   |   |   |   |   |   |    |
|-----|----|---|---|---|---|---|---|---|---|----|
| >10 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1  |
| 0   | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

9. How many days since you cooked a meal for the family?

|     |    |   |   |   |   |   |   |   |   |    |
|-----|----|---|---|---|---|---|---|---|---|----|
| >10 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1  |
| 0   | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

10. Are you happy with your love life?

|    |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   | Yes |
| 0  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

Is there anything you can do to improve your family life?

TOTAL

## 14. PEOPLE - whether it matters or it doesn't, give yourself an appropriate score.

1. Are you living the social life you'd like to live?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

2. Are you a friendly, sociable sort of person?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

3. Are you making a contribution to your community?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

4. Do you keep in touch with your friends?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

5. Are you a good listener?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

6. Do you help others when they are in need?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

7. Are you caring and respectful of other people's heritage, values and opinions?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

8. Are you committed to building relationships with people outside work?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

9. Are you an active member of a work, sport, service or social organisation?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

10. How many weeks since you've had neighbours or friends around?

|  |   |   |   |   |   |   |   |   |   |   |    |
|--|---|---|---|---|---|---|---|---|---|---|----|
|  |   |   |   |   |   |   |   |   |   |   |    |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

TOTAL

## 15. FINANCIAL HEALTH

1. Do you have your financial goals written down?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

2. Are you working toward the achievement of your financial goals?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

3. Do you come from abundance or scarcity?

|          |   |   |   |   |   |   |   |   |   |   |           |
|----------|---|---|---|---|---|---|---|---|---|---|-----------|
| Scarcity |   |   |   |   |   |   |   |   |   |   | Abundance |
|          | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10        |

4. Do you earn an above average income for your age?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

5. Do you have a budget which you keep to and review frequently?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

6. Do you have a good savings and investment plan and monitor it regularly?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

7. Do you have a good spread of investments?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

8. Do you plan to be wealthy?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

9. Have you got a nice little earner on the side?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

10. Do you have adequate income protection?

|    |   |   |   |   |   |   |   |   |   |   |     |
|----|---|---|---|---|---|---|---|---|---|---|-----|
| No |   |   |   |   |   |   |   |   |   |   | Yes |
|    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  |

TOTAL