

Start Where You Are

Answer these questions as honestly as possible. If you know where you are, you will know where to go.

Nutrition

How much water do I drink in a day?	
1 - 3 Cups (8 - 24oz)	
3 - 6 Cups (24 - 48oz)	
6+ Cups (More than 48oz)	

How Often do I use Food for Comfort?	
Most of the Time	
Some of the Time	
Seldom	

What do I normally eat in a day?

Am I willing to make better decisions with my nutrition?

Physical

How Many Repetitions Can I Get In A Minute?

Set a timer for one minute and try to get as many reps as possible of one movement in that minute. Rest 1 to 2 minutes then do the following movement for a minute. Find a score for each movement.

Push Ups	
Sit Ups	
Squats	

How Often Do I Move with Purpose and Intensity?

1 - 2 Days a Week	
3 - 5 Days a Week	
6 - 7 Days a Week	

How Much Energy Do I Have Throughout The Day?

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

Am I willing to make the decision to move more with more intensity?
