



# Health goals 2020

How does your health stack up? Complete this questionnaire to find out whether your health needs some help in 2020.

8 key areas of health	Rating (1 poor, 5 excellent)
1. <b>How would you rate your sleep?</b> Consider the quality of sleep. Do you wake up refreshed? How long does it takes for you to fall asleep? Do you wake up during the night?	1 2 3 4 5
2. <b>How would you rate your energy levels?</b> Consider your energy levels throughout the day and particularly in the mid-afternoon. Do you often feel like a nap? Are you yawning through meetings? Are you too tired to participate in activities you enjoy?	1 2 3 4 5
3. <b>Would you consider you're at a healthy weight?</b> Consider your weight over the past 3 years. Has it remained steady? Does it fluctuate? Have you gained weight? Do you know your waist to hip ratio?	1 2 3 4 5
4. <b>How would you rate your mood?</b> Consider your mood over the past 12 months. Have you experienced a low mood consistently, or feelings of anxiety? How well do you respond to the stress in your life? Are you irritable for no reason?	1 2 3 4 5
5. <b>How would you rate your digestion?</b> Consider your digestive system. Do you experience any bloating or indigestion? Do you have regular bowel movements? Have you had any changes to your digestion in the past 12 months?	1 2 3 4 5
6. <b>How would you rate your immune system?</b> Consider your immune system over the past 12 months. Have you had regular colds? How quickly do you overcome illness? Are you experiencing any chronic illness or disease that is not well managed?	1 2 3 4 5
7. <b>Do you think you look healthy?</b> Consider how white your eyes are, how clear your skin is, how shiny your hair is.	1 2 3 4 5

Herbal Medicine • Nutritional Medicine • Diet, lifestyle and health coaching • Yoga

Suite 806, 2 Queen St, Melbourne 3000 T: 03 9620 9503 F: 03 9620 9504 [www.lavidahealth.com.au](http://www.lavidahealth.com.au)



# Health goals 2020

**What are your top 3 health goals for 2020? (Perhaps you have identified some areas of your health that need improvement)**

---

---

---

---

---

**How will an improvement in your top 3 health goals change your daily life? What does better health look like for you in 3, 6 or 12 months' time?**

---

---

---

---

---

---

---

---

**How long do you think it will take to achieve your health goals? (I.e. days, weeks, months, years etc).**

---

---

Return your form to us via email, [info@lavidahhealth.com.au](mailto:info@lavidahhealth.com.au) and book an initial appointment in January to get your third consultation free!