

# Focus56+ Clean Lifestyle Challenge

## HEALTH ASSESSMENT

### VISION / GOALS

1. Describe how you will look and feel when you have reached the 56th day in the Challenge.

2. The Focus 56 Challenge is designed to give you momentum towards this vision of optimal health. However, you don't have to stop at 56 days! You can commit to a longer time frame and receive the support that you need to achieve the vision you see. Do you have health goals that will take longer than 56 days? Please describe these longer term goals with estimated time frames.

GOAL	TIME FRAME
GOAL	TIME FRAME
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### STRESS / ENERGY / SLEEP

3. On a scale of 1 - 10, what is your stress level on a daily basis (1 being lowest, 10 being the highest)

**1 2 3 4 5 6 7 8 9 10** (circle)

4. What area of your life tends to be the biggest stress for you?

5. On a scale of 1 - 10, what is your energy level on a daily basis? (10 being "incredible energy all day")

**1 2 3 4 5 6 7 8 9 10** (circle)

6. What time of day do you hit a "lull?"

7. What is your normal response to that "lull?" (Snacking, napping, energy drinks, coffee, etc.)

8. How are you sleeping at night?

Tell us a little about the quality of your sleep and how much sleep you usually get at night.

## EXERCISE

9. How many times per week do you exercise and for how long? What types of activities do you do?

1 2 3 4 5 6 7 8 9 10 / WEEK (circle)

10. Do you have exercise or fitness goals for yourself during this challenge?

## MIND / HABITS

11. What is typically your biggest struggle when it comes to achieving your health goals?

12. What positive health habits / patterns do you presently have that will help you achieve your desired goal?

13. What negative habits / patterns do you have that take away from achieving your desired goal?

14. What are one or two new health habits that you would like to implement over the next 56 days?



15. Do you have any fears around starting this health challenge? If so, what are they?

16. On a scale of 1 - 10, how fulfilled are you in life in general? (10 being "extremely fulfilled")

1 2 3 4 5 6 7 8 9 10 (circle)

17. What do you do for work?

18. On a scale of 1 - 10, how much do you enjoy what you do? (10 being "extreme joy")

1 2 3 4 5 6 7 8 9 10 (circle)

19. Is there anything else about your health that you think we should know?

20. Is there anyone in your life who would like to get healthy with you?