

# 10 Questions to Help You with Your Health Goals

1. Do you feel healthy? Rate your overall health level on a scale from 1-10. How is your energy level, are you tired most of the time?

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2. Do you like the way you look in your clothes? Want to lose some weight?

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3. Is your skin an even tone or blotchy? Do you have breakouts often?

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4. Do you take vitamins? Do you take more drugs than you'd like (prescription or over the counter)?

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5. Where do you or your family eat most meals? Home or Out? Are your meals whole, fresh foods or fast food, boxed instant?

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6. Do you understand food and make wise food choices? Do you wish healthy eating was easier to understand?

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7. When you eat do you feel that you don't get full, even though you have eaten enough? Or you hungry again after just a short period of time?

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8. Do you crave sweets often? Do you feel meals would not be good without bread?

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9. How active are you? Would you like to accomplish more in your day?

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10. Do you have a goal you want to achieve, but your health has kept you from reaching it?

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