

Personal Health Goals

1. Do you want to lose weight? _____ If so, how much? _____
2. How important is your health to you, on a scale from 1 – 10 (1 = lowest; 10 = the highest importance)?

3. How much confidence do you have in medical drugs, on a scale from 1- 10 (1 = low; 10 = high confidence)? _____
4. How much confidence do you have in your body's ability to heal itself (if given the right nutrients/natural therapies), on a scale from 1 to 10 (1 = low; 10 = high confidence)? _____
5. List any nutritional supplements that you regularly take: _____

6. What best describes your diet overall (**please be honest**)? Check all that apply:
 mostly eat out (fast food)
 mostly eat out (but try to eat healthier items)
 eat whatever is available
 occasional binges
 would never give up meat
 eat a lot of fresh food (very little from cans, boxes)
 mostly homemade meals
 vegetarian
 eat mostly organic
 eat a lot of raw food
 in transition to eating better
7. What are your specific health goals? (What do you *really* want?) _____

8. How far are you willing to commit to achieve your health goals? (**Please be honest.**)
 don't really want to change much
 willing to change some
 willing to change a reasonable amount
 willing to do whatever it takes
9. How much money do you spend per month on your health, out of pocket? _____
10. How long do you want to live? (Check all that apply.)
 age 60-70 as long as I'm healthy
 age 70-80 as long as I have been granted
 age 80-90 until I complete my mission (purpose) on earth
 age 90 - 100 only if my significant other is still alive also
 age 100+ forever
 it's already enough