

Wellness Challenge PRE Assessment

Date:

What are you hoping to achieve by participating in this challenge, what is your goal(s)?

What is your WHY for doing this, what is your motivation for joining the challenge?

What have been your past obstacles in reaching your above listed goal(s)?

What is your current movement/exercise program?

What is your current nutrition, what foods are you eating on a regular basis? What is your eating window each day in hours?

Do you currently take time out of each day to mentally slow down to focus on yourself?

What behaviors do you want to break?

What behaviors do you want to gain?

What behaviors are you really proud of that you already do?

Do you have a supportive person near you who will be in on this journey? If not, how will you handle any backlash about any new behaviors you are trying out this month?

Are you excited to begin this challenge!!!!???