

Wellness Challenge POST Assessment

Date:

*CHECK BACK AT YOUR PRE ASSESSMENT TO HELP YOU REFLECT.

Did you achieve your goal(s) by the end of this challenge?

What was your WHY for doing this, what was your motivation for joining the challenge, is it still the same or did it change?

Remember your past obstacles that inhibited you reaching goals, did these halt your progress again or were you able to overcome them? If so, why?

Did your movement/exercise program change from the beginning of the month? Can you continue to maintain your program of workouts and work ins?

Looking back at your nutrition at the beginning of the month, what new foods are you now eating on a regular basis and what foods have you cut out or are trying to cut out?

Did you like intermittent fasting, if so which one worked for you? Will you continue it?

Were you successful in taking time out of each day to mentally slow down to focus on yourself? If not, what can you do to try to make this part of your daily routine?

What behaviors did you want to break and were you successful or do you feel you are making strides to doing so? If so, what has helped you break these behaviors?

What behaviors did you want to gain and were you successful in creating new habits for yourself? If so, what part of this challenge or change in yourself helped you to do so.

What are you most proud of that you achieved this month? Or if you failed, why do you think you failed and how can you try again this month? And did you keep score why or why not?

Did you have a supportive people helping you and cheering you on and did that help you? If not, how did you do on your own?

Are you happy that you participated in this challenge? Add any other thoughts, ideas and self reflections.

What could have made this challenge better for you, what things could Heather do differently for future mindful challenges?