

Wellness Coaching Assessment Form

Name: _____

1. I want to address the following areas with my coach

(check up to five areas, rate from most important to least important):

- _____ Improve energy
- _____ Improve productivity
- _____ Increase physical activity
- _____ Lose weight
- _____ Maintain current weight
- _____ Improve eating habits
- _____ Improve health risks or medical conditions
- _____ Reduce need for medication
- _____ Improve sleep
- _____ Improve work/school/life balance
- _____ Manage stress better or reduce stress
- _____ Improve personal relationships

2. How often are you physically active, on average, per week?

(physical activity is defined as continuously moving your body 15 minutes or more)

- 6-7 times per week
- 4-5 times per week
- 2-3 times per week
- 1-2 times per week

3. Rate the importance to me of regular physical activity:

1 (Not at all important) and 10 (Most important thing in my life)

1 2 3 4 5 6 7 8 9 10

4. My readiness to make changes or improvements to reach or sustain regular physical activity:

- I am already maintaining good physical activity levels consistently (6 mos. +)
- I recently starting working on this
- I am planning on changing this month
- I am planning a change to start in the next 6 months
- I have no present interest in making a change

5. My confidence level in my ability to reach and sustain regular physical activity

1 (lowest confidence) and 10 (highest confidence)

1 2 3 4 4 6 7 8 9 10

6. Do you have any limitations in exercising?

YES NO

7. How often do you eat breakfast (more than just a roll and cup of coffee)?

- I eat breakfast every day
- I eat breakfast most mornings
- I eat breakfast 2-3 times per week
- I seldom or never eat breakfast

8. How often do you eat “junk” snack foods between meals?

Ex. Pastries, candy, ice cream, cookies

- Three or more times per day
- Eat mostly the high fat foods
- Eat both about the same
- Eat mostly low fat foods, some high fat
- Eat only low fat foods

9. How many servings of fruits and vegetables do you eat daily?

A serving is: 1 cup fresh, ½ cup cooked, 1 medium fruit, or ¾ cup juice

- One or less
- Two daily
- Three daily
- Four daily
- Five or more

10. How many 8 ounce glasses of water do you drink on average per day?

- None
- 1-2 glasses
- 3-5 glasses
- 6-8 glasses

11. How many 8 ounce glasses of soft drinks do you drink on an average per day?

- Seldom or never
- 1-2 glasses
- 3-5 glasses
- 5 or more

12. Rate the importance to me of consuming healthy food and drinks most of the time:

1 (not very important) and 10 (very important)

1 2 3 4 5 6 7 8 9 10

13. How well do you feel you are coping with your current stress load?

- Feeling unable to cope anymore
- Often have trouble coping
- Have trouble coping at times
- Coping fairly well
- Coping very well

14. How many hours of sleep do you get on average?

- Less than 6
- 6-7 hours
- 7-8 hours
- 8-9 or more

15. During the past 4 weeks, to what extent have you accomplished less than you would have liked in your work or other daily activities as a result of emotional issues, such as feeling depressed or anxious?

- Extremely
- Quite a bit
- Moderately
- Slightly
- None at all

16. The next questions are about how you feel things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

1. None of the time 2. A little of the time 3. Some of the time 4. A good bit of the time 5. All the time

How much of the time during the past four weeks have you felt calm and peaceful?

1 2 3 4 5

How much of the time during the past four weeks did you have a lot of energy?

1 2 3 4 5

How much of the time during the past four weeks have you been a happy person?

1 2 3 4 5

How much of the time during the past four weeks did you take the time to relax and have fun daily?

1 2 3 4 5

How much of the time during the past four weeks did you feel confident and capable?

1 2 3 4 5

Do you have any questions? Or is there something else you want your coach to know?