

## Add your points for a score out of 10

Each "yes" is a point. Allocate ½ points as necessary.

Do you....



1. Strategically refuel to sustain energy and good health?

☐

2. Eat like an artist and support good gut health?

☐

3. Practice mindful eating and balance portion sizes?

☐

4. Hydrate adequately and rethink other drinks?  
(caffeine, sugar, alcohol)

☐

5. Know your health numbers and not smoke?

☐

6. Get enough sleep to feel rested and well?

☐

7. Have a daily mindfulness practice i.e. meditation, prayer,  
solitude, journaling, gratitude?

☐

8. Activate and move to support performance during your  
work day?

☐

9. Do exercise (30 minutes on most days) including a range of  
cardio, weight-bearing and stretching?

☐

10. Know your personal response to stress and usually remain  
able to manage it without feeling overwhelmed?

☐

**0 - 4** Time to start making some changes

**5 - 7** Definitely room for improvement

**8+** Now we're talking!