



HEALTH & FITNESS COACHING

Motivation Assessment

Step 1) Choose 3 to 5 reasons why you want to make changes in your health, fitness and well-being, and to be your best self at this stage of your life.

<input type="checkbox"/> Improve cardiovascular/aerobic fitness <input type="checkbox"/> Increase strength & endurance <input type="checkbox"/> Improve flexibility <input type="checkbox"/> Maintain & improve posture & balance <input type="checkbox"/> Maintain healthy body composition & increase lean muscle mass <input type="checkbox"/> Lose weight <input type="checkbox"/> Reduce risk of disease such as: diabetes, osteoporosis, heart disease, stroke, hypertension, some cancers <input type="checkbox"/> Strengthen bones <input type="checkbox"/> Increase metabolism <input type="checkbox"/> Reduce risk of injuries & falls <input type="checkbox"/> Maintain cognitive function & prevent dementia & Alzheimer's <input type="checkbox"/> Reduce back pain <input type="checkbox"/> Enjoy a satisfying sex life	<input type="checkbox"/> Have more energy, stamina & resilience <input type="checkbox"/> Get more fun out of life <input type="checkbox"/> Look & feel better <input type="checkbox"/> Cope better with daily stresses <input type="checkbox"/> Sleep more soundly <input type="checkbox"/> Feel more confident about myself <input type="checkbox"/> Enhanced emotional well-being <input type="checkbox"/> Increase my quality of life <input type="checkbox"/> Increase longevity <input type="checkbox"/> Continue autonomy & independent living <input type="checkbox"/> Travel more <input type="checkbox"/> Play with my grandchildren <input type="checkbox"/> Participate in recreational activities <input type="checkbox"/> Enhance sport or exercise performance <input type="checkbox"/> Take up gardening <input type="checkbox"/> Realize my retirement dreams <input type="checkbox"/> Spend more time at the cottage
Other: _____	

Step 2) Assess where you are now and where you want to be in one year.

On a scale of 0 to 10: score the reasons you have chosen in Step 1 to determine your actual state today and your desired state one year from now.

Scale: 0 = not even close; 5 = getting started; 10 = already there & want to continue enjoying it

Reasons	Now	1 year from now
<i>Example: Cope better with daily stresses</i>	<i>4</i>	<i>8</i>
Reason #1		
Reason #2		
Reason #3		
Reason #4		
Reason #5		