



## Healthy Lifestyle Review

Compliments of Aldama Life Coaching

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This review is designed to help you gain some understanding of how well your lifestyle supports you in maintaining good health.

### Circle one

1. Y N Are you happy with your health overall?
2. Y N Do you have a written plan for your overall health?
3. Y N Do you stretch at least three times per week?
4. Y N Does your family and/or friends live a healthy lifestyle?
5. Y N Do you eat healthy meals most days during the week?
6. Y N Do you get regular exercise at least three times per week?

If you have more yes's than no's congratulations!

6 – Your lifestyle supports sustainable good health.

5 – Your lifestyle generally supports good health.

4 – You have the potential for sustainable good health.

3 – You could do more to create a lifestyle of good health.

2 or less – You may want to consider changes to your lifestyle.

*Key: 1 (Attitude) 2 (Consciousness) 3 (Flexibility) 4 (Support) 5 (Nutrition) 6 (Activity)*

We at Aldama Life Coaching always encourage our clients to make healthy foods and exercise a part of a well-balanced lifestyle plan. If you would like to talk with a coach about co-creating a simple 7-step plan to improve your overall lifestyle and well being, call for an introductory 1-on-1 session. **Receive a 10% discount when you mention this review.** We're here to guide, encourage and support you.

**Aldama Life Coaching – [www.YourGreatestSelf.com](http://www.YourGreatestSelf.com)  
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