

Physical Wellness Assessment

PART 1: Physical Wellness Assessment- Reflect on the physical wellness domain- identify your personal strengths, areas you would like to improve/change and barriers that may get on the way

Wellness Dimension	Strengths (describe your personal strengths)	Needs (describe what you want to change/improve)	Barriers (what could/does get in your way?)
Diet and Nutrition			
Physical Activity			
Sleep/Rest			
Relaxation/Stress Management			
Medical Care/ Screening			

Physical Wellness Assessment

Strengths (describe your personal strengths)

Physical Wellness Domain	Strengths (describe your personal strengths)
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

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Physical Wellness Domain	Needs (area for change or improvement)
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

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Physical Wellness Domain	Barriers (what could or does get in your way?)
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

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PART 2: Physical Wellness Satisfaction Scale

Review the following physical wellness domains (left column) and circle your level of satisfaction. Indicate one area with a star (*) that you want to focus on through wellness coaching support.

Physical Wellness Domain	Very Dissatisfied	Dissatisfied	Satisfied	Very Satisfied			
Diet and Nutrition	1	2	3	4	5	6	7
Physical Activity	1	2	3	4	5	6	7
Sleep/Rest	1	2	3	4	5	6	7
Relaxation/Stress Management	1	2	3	4	5	6	7
Medical Care/ Screening	1	2	3	4	5	6	7