

Assessment

	Frequency	Points
Breakfast —Make it healthy everyday! High quality fuel, such as a delicious Medifast oatmeal, cappuccino, or chai latte is essential to start your day right.	2x _____ = _____	
Exercise —Continued exercise increases metabolism, flexibility, mental clarity and provides strength. Start with resistance training or aerobics daily.	2x _____ = _____	
Support —Your Health Coach is here to help you reach and maintain your goals, by providing coaching, tools and the caring support you will need along the way.	2x _____ = _____	
Low fat meals 5-6 per day —Eating frequently and controlling portions and total calories, especially those from fat, are critical for success.	2x _____ = _____	
Individual Plan —Create an individual plan to help you achieve Optimal Health and build the skills and strategies you need to cope with modern life.	1x _____ = _____	
Monitor —Keep track of your weight and inches by weighing yourself on a regular basis to maintain Optimal Health. Catch it before it becomes a challenge!	1x _____ = _____	

Your Score: _____

* What is your score?

(fill in Frequency column above)

- 10 — Always
- 8 — Most of the time
- 6 — Some of the time
- 4 — Occasionally
- 2 — Never

- 90-100 - **A Prescription for Life**—great probability of long-term success
- 80-89 - **Somewhat Healthy Lifestyle**—needs improvement to prevent weight gain
- 70-79 - **Fair Lifestyle**—will probably regain weight unless there's improvement
- 60-69 - **Sub-Optimal Lifestyle**—will gain the weight back and is headed toward poor health
- <60 - **Unhealthy Lifestyle**—lacks the behaviors to maintain a healthy weight and is already unhealthy or will be soon

Use this assessment monthly to evaluate your progress!