

# Personal Health Inventory

[DrWayneJonas.com/HOPE](http://DrWayneJonas.com/HOPE)



Complete your personal health inventory before your integrative health visit.

## Use this circle to help you think about your whole health.

All areas are important and connected to your ability to heal and be healthy.

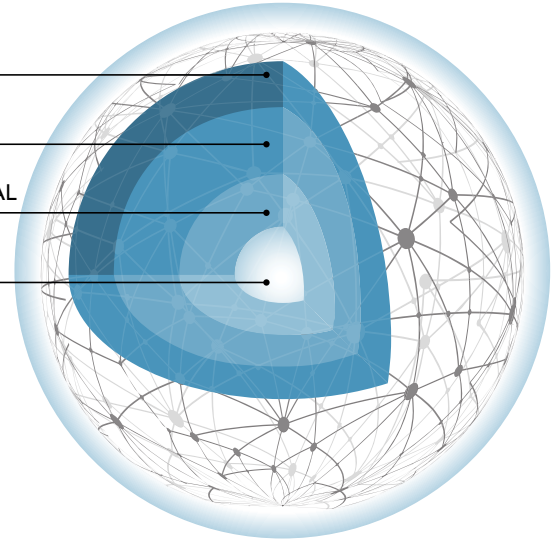
- The outer ring addresses what your home and work are like and how you feel physically.
- The next ring addresses everyday choices on self-care and lifestyle.
- The social and emotional ring looks at your relationships and social support.
- The inner ring addresses **what matters** to you rather than what's the matter with you.

BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

SOCIAL & EMOTIONAL

MIND & SPIRIT



Rate where you feel you are on the scales below from 1-5, with 1 being poor and 5 being excellent.

### PHYSICAL WELL-BEING

1 - POOR

2 - FAIR

3 - GOOD

4 - VERY GOOD

5 - EXCELLENT

### MENTAL/EMOTIONAL WELL-BEING

1 - POOR

2 - FAIR

3 - GOOD

4 - VERY GOOD

5 - EXCELLENT

### LIFE: HOW IS IT TO LIVE YOUR DAY-TO-DAY LIFE?

1 - POOR

2 - FAIR

3 - GOOD

4 - VERY GOOD

5 - EXCELLENT

Thinking about your mental and physical health, which includes stress, depression, problems with emotions, physical illness and injury, for how many days during the past 30 days was your mental or physical health good?

DAYS

## What do you live for? What matters to you? Why do you want to be healthy?

Write a few words to capture your thoughts:

## Tell me when you were last well.

## Where You are Now

Write in a number between 1 (poor) and 5 (excellent) that best represents where you are now. Then rank how ready you are to work on that area between 1 (not interested) to 5 (would start today).

Area of Whole Health	Where I am now (1-5)	Mark how ready you are to make changes (1-5)
<b>BODY &amp; EXTERNAL</b>		
<b>Feeling safe:</b> Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.		
<b>BEHAVIOR &amp; LIFESTYLE</b>		
<b>Moving:</b> Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.		
<b>Sleep:</b> Getting enough rest, relaxation, and sleep.		
<b>Food:</b> Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.		
<b>Stress Management:</b> Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.		
<b>SOCIAL &amp; EMOTIONAL</b>		
<b>Social Support:</b> Feeling listened to and connected to people you love and care about. The quality of your relationships with family, friends and people you work with.		
<b>Paying for Basics:</b> Quality and availability of food, housing, utilities, and transportation.		
<b>MIND &amp; SPIRIT</b>		
<b>Purpose:</b> Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.		
<b>Learning and Growing:</b> Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.		