

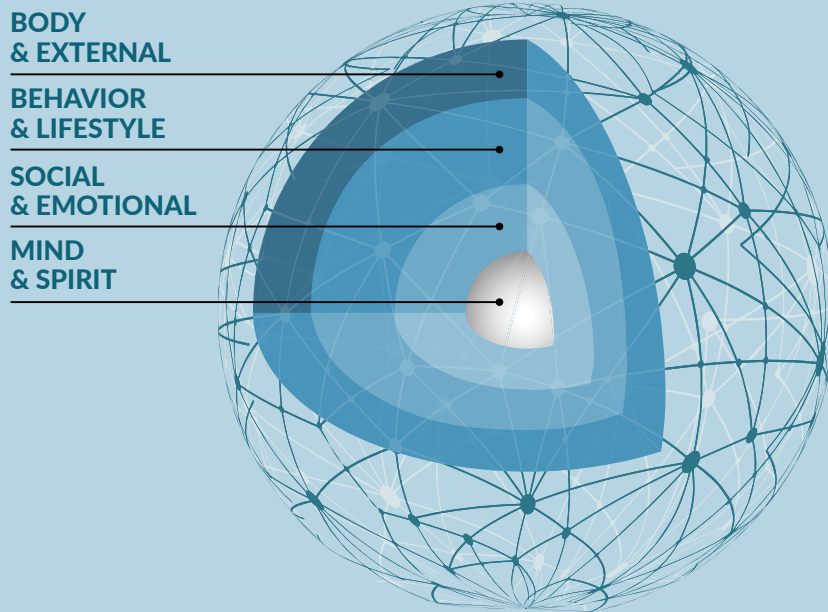


Personal Health Inventory (PHI)

This personal health inventory is adapted from and aligned with the VA's Whole Health model.

PRIMARY CARE

Use this picture 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.

Rate where you feel you are on the scales below from poor to excellent.

	POOR					EXCELLENT
Physical wellbeing	1	2	3	4	5	
Mental/emotional wellbeing	1	2	3	4	5	
Life: How is it to live your day-to-day life?	1	2	3	4	5	

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?

Write 0 to 30 in the space provided.

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

Write a few words to capture your thoughts.

When were you last well?

Where You are Now: Choose a number between 1 (poor) and 5 (excellent) that best represents where you are now.

	POOR				EXCELLENT
BODY & EXTERNAL					
Feeling Safe: Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.	1	2	3	4	5
Paying for Basics: Quality and availability of food, housing, utilities, and transportation.	1	2	3	4	5

BEHAVIOR & LIFESTYLE

Moving: Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.

1	2	3	4	5
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Sleep: Getting enough rest, relaxation, and sleep.

1	2	3	4	5
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Food: Eating healthy, balanced meals with plenty of fruits and vegetables each day.

1	2	3	4	5
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Water: Drinking enough water and limiting sodas, sweetened drinks, and alcohol.

1	2	3	4	5
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SOCIAL & EMOTIONAL

Social Support: Feeling heard by and connected to people you love and care about. The quality of your relationships with family, friends and people you work with.

1	2	3	4	5
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Stress Management: Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.

1	2	3	4	5
---	---	---	---	---

MIND & SPIRIT

Purpose: Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.

1	2	3	4	5
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Learning and Growing: Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.

1	2	3	4	5
---	---	---	---	---

Making Changes: Please mark up to three items you would like to work on.

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Paying for Basics: Quality and availability of food, housing, utilities, and transportation.

Moving: Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.

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Purpose: Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.

Learning and Growing: Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.



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