



C.O.R.E. Body Health Evaluation

Consciousness is key - especially to health and wellness!

This evaluation is intended to establish a practice of honest assessment, without judgment or shame, in order to formulate a baseline of comparison. It is data collection, not another weapon in your arsenal of self-abuse. Please answer as honestly as possible and simply skip over any question that is too emotionally or mentally triggering. Step one in healing is **awareness** and **acceptance**. You must begin somewhere - so let's determine exactly where you are beginning . . .

How Committed are you to your Physical Health?

Please describe to me the condition of your physical body?

(Examples: fit, overweight, weak, tight, painful, etc)

Could you say that you love your body? If not, please describe your relationship with your body:

Are you currently taking any medications? *(high blood pressure, depression, cholesterol, diabetes, etc)*

-Are you experiencing any side effects from these medications?

How many times per week do you exercise?

Does your exercise routine include weekly cardio? How much?

-Stretching?

-Strength Training?

-Relaxation?

Are you wanting to improve your exercise / movement habits?

-How big a deal is this to you?

Please use a word or phrase to describe your current relationship to food:

Do you consume lots of healthy, whole foods such as unprocessed veggies?

-How much fruit do you consume a day?

-Do you eat a daily salad?

On average, how many meals a week do you consume from restaurants?

Do you prepare the majority of your own meals yourself?

Do you take any supplements?

-Such as probiotics, multi-vitamin, digestive enzymes, or herbs?

Are you wanting to improve your nourishment / food habits?

-How big a deal is this to you?

How are your bowels doing at elimination?

-How many times a day do you have a movement?

How would you rank your sleep on a scale from 1-10 (1 being terrible and 10 being delightful)?

When was the last time you got sick? (cold, flu, etc)

-How many times did you get sick over the past 12 months?

Are you happy with your energy levels?

On a scale of 1-10 please rate the health of your Physical Body?

(1 = Severely Unhealthy, 10 = Wellness Rockstar Status)

How Observant are you of your Mental Health?

Would you describe the majority of your thoughts as positive or negative?

Do you find yourself complaining (out-loud or mentally) about events in your life?

Do you find it challenging to keep your attention focused?

Do you observe your thoughts and challenge their validity?

How strongly do you believe in the connection of thoughts to physical health?

Have you tried or are currently using any affirmations or mantras?

Do you currently have a meditation practice (of any kind)?

Please give a number for your stress / anxiety level this past year?

-This Past Month? -And Today?

On a scale of 1-10 please rate the health of your Mental Body?

How Respectful are you of your Emotional Health?

Are you aware on a minute by minute basis of your emotional energy? Do you know how you are feeling (*could use words to express it*) at any time?

Do you keep a journal or diary of your emotional experience?

Do you keep track of your mood on a daily basis (*whether written down or mentally*)?

-Do you have techniques to increase your mood? Lift your spirits?

Do you, in general, take ownership for your emotional state?

-Is self-responsibility a priority in your life?

Do you have conscious systems in place to process your emotions?

-Do you have methods established that enable you to digest your experiences?

When you experience unpleasant emotions do you also recognize the thoughts you were thinking?

Would you describe yourself as highly sensitive to the moods and emotions of others?

-Do you have methods in place to 'detox' from the emotions of others (*energy vampires*)?

What would be one word or phrase that best describes your predominant emotional state over this past year?

-This past month?

(*Examples: overwhelmed, apathetic, depressed, frustrated, empowered, joyful, etc*)

On a scale of 1-10 please rate the health of your Emotional Body?

How do you expand your Spiritual Body?

Do you currently have a spiritual or religious practice of any kind?

All paths are valid, I just want to know the one you are choosing.

How do you define the word "spirituality"?

Do you view yourself as a spiritual being? If not, why not?

Is judgment / criticism of others a common direction your mind takes?

Would you say that you experience joy and inner peace on a daily basis?

-If not, why not?

Do you feel a sense of connection in your life?

To other people?

To nature?

To a higher power or inner power?

On a scale of 1-10 please rate the health of your Spiritual Body?

I highly recommend that you keep a copy of your answers from this questionnaire. Use them as a reference for comparison and retake this quiz annually, every six months, or perhaps quarterly. Staying conscious of where you are in your journey is key to success!



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Shae Bryant is an enthusiastic mind, body, spirit wellness coach who guides private clients and groups in achieving a Lifestyle of Wellness, integrating physical, mental, emotional and spiritual health into daily living. Her favorite healing modalities include Yoga, Pilates, Massage, Meditation, Eating Whole Foods, and Living Limitless Joy. She is blessed to spend her days assisting others towards optimal health and wholeness. Shae is a mentor, healer, accountability buddy, teacher, friend, and fellow Wellness Warrior on the path to integration, wholeness, and awakened living!

