

Balancing The 'Why's' and the 'Why not's'

It is important to recognize that along with benefits of choosing a healthier lifestyle, there will ultimately be some sacrifices. Recognizing this is important particularly in times where your motivation is less than perfect. This list can be revisited and can serve as a reminder why you are working so diligently towards self improvement. Sample sacrifices could be: eating less fast food, time required for exercise means less television watching, and so on.

| Benefits | Sacrifices |
|----------|------------|
| | |
| | |
| | |
| | |
| | |
| | |

Quality of Life Review

Please use the following scale to rate how satisfied you feel now about different aspects of your daily life. Choose any number from 1 to 9. Take some time and do this now.

- 1 = Extremely Dissatisfied
- 2 = Very Dissatisfied
- 3 = Moderately Dissatisfied
- 4 = Somewhat Dissatisfied
- 5 = Neutral
- 6 = Somewhat Satisfied
- 7 = Moderately Satisfied
- 8 = Very Satisfied
- 10 = Extremely Satisfied

- 1. _____ Overall Mood
- 2. _____ Self Esteem
- 3. _____ Energy / Feeling Healthy
- 4. _____ General Appearance
- 5. _____ Confidence
- 6. _____ Physical Health
- 7. _____ Leisure Activities
- 8. _____ Eating Habits
- 9. _____ Body Image
- 10. _____ Sleep Patterns
- 11. _____ Stress Level
- 12. _____ Fitness Level
- _____ Total Score