

Measure your Energy and Vitality

On a scale of 1 to 7 ... (7 the highest) ... please answer the following questions:

Do you view yourself as being energized and healthy
Are your performance skills in work as good as they can be
Are you as motivated to do things for yourself as you could be
Do you have a positive attitude towards the company you work for
What is your perception of how well you keep up with your workload
Is it easy for you to find the energy to do the things that you must do
Are your skills with your family as good as they could be
Do you get balance in your life
Is it easy for you to get quality time for ...	
Family
Exercise
Recovery
Good quality nutrition
Is it easy for you to eat healthfully every 2 to 2.5 hrs throughout the day
I view myself as joyful
My work has meaning
I feel fulfilled with my personal life
My life is taken up with burdens / responsibilities (1 for always 7 for never)
I experience depression (1 for deep 7 for never)
I have time to relax when tension builds up
I wish I were another person (1 for yes 7 for No)
I don't like my job (1 = 's hate it 7 = 's love it)
Total

Maximum Total 147

Think about the past 3 weeks. For each of the symptoms listed below please indicate how many days per week on average they have occurred for you.

Muscle tension	A. 0	B. 1-2	C. 3-5	D. 6 or more
Stiff neck	A. 0	B. 1-2	C. 3-5	D. 6 or more
Pins and needles	A. 0	B. 1-2	C. 3-5	D. 6 or more
Back pain	A. 0	B. 1-2	C. 3-5	D. 6 or more
Grinding teeth	A. 0	B. 1-2	C. 3-5	D. 6 or more
Sciatica / Leg Pain	A. 0	B. 1-2	C. 3-5	D. 6 or more
Indigestion	A. 0	B. 1-2	C. 3-5	D. 6 or more
Constipation	A. 0	B. 1-2	C. 3-5	D. 6 or more
Heartburn	A. 0	B. 1-2	C. 3-5	D. 6 or more
Cold or fever	A. 0	B. 1-2	C. 3-5	D. 6 or more
Shortness of breath	A. 0	B. 1-2	C. 3-5	D. 6 or more
Loss of appetite	A. 0	B. 1-2	C. 3-5	D. 6 or more
Lack of sleep	A. 0	B. 1-2	C. 3-5	D. 6 or more
Dizziness	A. 0	B. 1-2	C. 3-5	D. 6 or more
Headaches	A. 0	B. 1-2	C. 3-5	D. 6 or more
Migraine	A. 0	B. 1-2	C. 3-5	D. 6 or more
Keyed up feeling	A. 0	B. 1-2	C. 3-5	D. 6 or more
Difficulty waking	A. 0	B. 1-2	C. 3-5	D. 6 or more
Physically drained	A. 0	B. 1-2	C. 3-5	D. 6 or more
Eye strain	A. 0	B. 1-2	C. 3-5	D. 6 or more
Neck pain	A. 0	B. 1-2	C. 3-5	D. 6 or more
Night sweats	A. 0	B. 1-2	C. 3-5	D. 6 or more
Infections	A. 0	B. 1-2	C. 3-5	D. 6 or more
Chest pain	A. 0	B. 1-2	C. 3-5	D. 6 or more

A = 7 points B = 5 points C = 3 points D = 1 point

Maximum Total 168

Total

For the following Multi choice questions – choose the appropriate response

How many glasses of water do you drink per day (coffee and soft drinks don't count)

A. 0 B. 1 to 2 C. 3 to 6 D. 7 or more

How many hours do you exercise weekly

A. 0 B. 1 to 2 C. 2 to 3 D. More than 4

How many sick days have you had in the last twelve months

A. 5 or more B. 3 to 4 days C. 1 to 2 days D. 0

How many minutes do you spend stretching each day

A. 0 B. 5 or less C. 15 or less D. more than 15

How many servings of fruit / vegetables do you have each day

A. 0 to 2 B. 3 to 6 C. 7 to 10 D. 11 or more

How often do you take food supplements per week?

A. Never B. Occasionally C. Less than 3 days per week D. Daily

What is the average number of hours of sleep you get per night

A. less than 5 B. 5 to 6 C. 6 to 7 D. 7 to 9

How often do you estimate you laugh in work in one day

A. Never B. Seldom C. Occasionally D. Frequently

How many cups of coffee, tea or caffeinated drinks do you drink per day

A. More than 3 B. 2 to 3 cups C. 1 to 2 cups D. 0

What is the extent to which you feel challenged and excited by your work

A. Non existent B. A little C. Moderately D. Very

A. = 0 points B. = 3 points C. = 5 points D. = 7 points Score

Total score from previous pages

Grand Total

Maximum Total 385

Energy Scoring Key

- 155 - 190 Red Alert ... go straight to hospital, don't pass go – don't collect \$200
- 191 - 226 Barely surviving ... Take immediate action before you end up at in the red
- 227 - 262 Up and down like a roller coaster ... life is a struggle
- 263 - 298 Surviving but not thriving ... you can do a lot better
- 299 - 334 You are getting there ... but keep going
- 335 - 385 Highly Energised ... congratulations - now you are living!

Are you struggling with life and all of it's challenges?

Do you have a member of your tribe that could use some help? Call us on 09 948 2072 or a Free assessment to find out how we can help you increase your energy and resilience and get back into the game!