

Do you have your health working for you or against you?

Please give yourself a score to each statement below. Scoring yourself a 0 (zero) indicates the statement does not apply to you at all, and this scales up to a 5 (five), where the statement applies very strongly.

THE HEALTH ADVANTAGE SCORECARD

		SCORE
1	I am adaptable and adjust well to last minute change	0 1 2 3 4 5
2	I plan my meals ahead of time to prevent having to buy "quick and easy food on the go"	0 1 2 3 4 5
3	I participate in a regular exercise routine with aerobic, resistance and flexibility components	0 1 2 3 4 5
4	I would describe myself as a "glass half full" type of person	0 1 2 3 4 5
5	I can stay consistent to a healthy diet, including 5 (or more) servings of vegetables per day	0 1 2 3 4 5
6	I keep physically active throughout my normal workday	0 1 2 3 4 5
7	I regularly engage in mindfulness activities and exercises	0 1 2 3 4 5
8	I have never been told by a doctor that I have high blood pressure, cholesterol or blood sugar	0 1 2 3 4 5
9	I generally try to avoid highly processed food in my day to day diet	0 1 2 3 4 5
10	I intentionally give myself the opportunity to participate in incidental activity (i.e. take the stairs over the lift, park further away where possible)	0 1 2 3 4 5

RATE YOURSELF

0-10

Your health is working against you – leaving you more susceptible to illness and injury. We understand, your life is busy, and work is stressful, however the time to start prioritising your health is now. You may be the smartest person in any room, or you may have just received a new job promotion - however, all of this becomes irrelevant without your health.

11-25

Not out of trouble yet. You may have possibly made some small changes to your lifestyle to keep you out of immediate health concern, however you're certainly not firing off all cylinders – yet. Remember that your health is very much an ecosystem, which encompasses physical health, mental health and nutrition.

26-40

Could be optimised. This is where the mantra 'if it's not broken, don't fix it' becomes a little bit inappropriate. Sure, you're working off a good foundation and likely quite a healthy individual, however you're not functioning at your best. The positive news is, you're only a few minor changes away from giving yourself The Health Advantage.

41-50

Your health is working for you – you're probably quite a resilient, confident individual that reaps the benefits of being very productive, both in your personal and professional life. Keep doing what you're doing and if ever you feel yourself falling off the wagon – get back on it!