

# Your Best Life Scorecard

Name

Date

## 8 Ways to Measure Your Health Transformation Progress

Keys to Health	1	2	3	4	5	6	7	8	9	10	11	12	Score	Score
<b>1 Sleep</b>	You think sleep is overrated and sleep is for the weak. You will sleep when your dead			You know you need enough rest to function your best but you just can't away from all the distractions			You get enough rest most nights and usually have enough energy. Your sleep schedule is pretty consistent			You have an evening routine to eliminate distractions along with a consistent sleep schedule getting optimal rest				
<b>2 Nutrition</b>	You eat whatever you want and love snack foods. Salt is great for flavour and sugar tantalizes your taste buds			You know how important good nutrition is to living a good life but you seem to not be able to get your food or schedule on track			You eat three meals a day along with some healthy snacks and don't overindulge.			You know your body type and your caloric requirements. You know what foods work best for you and follow a regular eating plan				
<b>3 Mindset</b>	You don't believe in that mindset nonsense, it's just a bunch of hokey ideas that just waste time.			You try to stay positive and practice positive self talk but the pressures throw you off track and you feel like you have to start all over			Your mindset got you to where you are and you have the tools to carry you forward			You have a growth mindset. You know your future is bigger than your past and you fully allow yourself to live in the present.				
<b>4 Circle of Influence</b>	You find most people annoying, difficult, and hard to be around.			You just can't seem to attract the right people into your life. You have people in your life that are negative and drag you down			Your family life is good, everyone is happy and get along well. You have a good group of friends along with a few long term friendships.			You surround yourself with people who are encouraging, supportive, and always getting better themselves.				
<b>5 Stress Management</b>	You just have way too much going on to even think about "me" time.			You know you need downtime but things just keep piling up and it's hard to get away from everything			Your life has its ups and downs but you have things under control. You stay mostly calm and don't let things get to you down			You plan your downtime, disconnect from distractions and practice some type of breath work activity.				
<b>6 Exercise</b>	You hate exercising and feel that it is boring, a waste of time, and bunch of hard work for no reason.			You know exercise is important for your body and brain but you just don't get around it on any regular basis			You exercise a few times per week and go for fairly regular walks			You always strive to stay strong and put on muscle with strength training, stay loose and injury free by stretching, and condition your heart, lungs, and blood with cardio training				
<b>7 Brain Health</b>	You feel that mental health is just something used as an excuse to get sympathy and to be lazy.			You try to settle things down but with always so much happening it becomes hard			You feel that not too much bothers you and the way you deal with things works well to keep your mind clear			You regularly look to learn new things and use techniques to lighten your mental load				
<b>8 Self Care</b>	You feel that there is no time to focus on yourself, there's just far to much to get through			You know focusing on yourself is very important but old habits have a funny way of coming around			You feel that things are good, you are in a good place, and things are generally getting better			You continually gain awareness and insight into yourself and always strive to go bigger and better				
<b>Your Total Score</b>														