

Do you have the energy to take you to your next level of success?

Take the quiz!

To ensure proper functionality, please use with Chrome browser or download PDF and open file in Adobe Acrobat.

Using the 1-5 scale below, rate the accuracy of each statement for you.



Nutrition

1 = not accurate at all,
5 = very accurate

I eat mostly non-processed food	
I eat a fairly balanced diet most of the time with all food groups (protein, vegetables/fruit, whole grains)	
I drink plenty of water every day (at least 1.5 L)	
I don't experience cravings mid-day or after dinner	
I plan ahead so that I am not just grabbing whatever is on hand	
Total Nutrition	



Activity Exercise & Movement

I walk at least 30 minutes most days	
I have tried at least one new activity in the last year	
I treat my scheduled activity time like business commitments	
I have accountability systems to keep my activity consistent	
My body overall feels strong and capable	
Total Activity	



Rest & Rejuvenation

I make time every week for a hobby or non-work activity	
I consume less than 12 alcoholic drinks (5 oz each) per week	
I take all my allocated vacation time and don't check emails at that time	
I don't check work emails after 7pm during the week or on weekends	
I sleep consistently 7-8 hours most nights	
Total Rest & Rejuvenation	



Emotional & Environmental Health

I have friends who I can count on and feel loved and supported by	
My home is organized, relaxes me and supports my needs	
I have healthy relationships with people and create boundaries when needed	
I don't procrastinate and am on top of what needs to get done at home (repairs, bills, maintenance, cleaning)	
Each week I take at least a half day for a digital detox (all technology off)	
Total Emotional & Environmental Health	

5 Purpose

I feel that I belong and that I have a role to play in the world at large	
I know what my passion(s) is/are	
I know my values and what drives me	
I know my strengths	
Total Purpose	

Instructions: Place your totals from each category in the boxes below.

Nutrition

Activity

Rest & Rejuvenation

Emotional Health

Purpose

Score Highlights



19-25

You are doing well! You clearly are making your well being a priority and have systems to support your results. Take a look at the areas that still need a little bit of attention and seek out reputable sources of information to help you achieve abundant vital energy consistently!



11-18

You are experiencing inconsistent health and wellness results and there is an opportunity to crank it up! Consider surrounding yourself with a community of like-minded people who are putting their health and wellness at the top of their priority list. It's amazing how much that can help you. You can also start making small changes on your own, and you will be amazed how far that can take you. Write up some concrete goals and develop systems that will keep you consistent and focused. You are on your way!



5-10

Quite a few things are not going your way and you are struggling. Don't give up though. Get some personalized 1-1 support to help you start to make easy, manageable changes to get some success and build momentum. After a couple of weeks, you will adopt new habits to support your continued success. Tiny changes every day are extremely powerful!



veev
HEALTH & WELLNESS

The art and science of aging well

Do you want to find out how to get that timeless energy and feel like half your age? Then schedule a complimentary 30-minute call with Annie!
<https://calendly.com/veev>