

Week 1:
Take an Honest
Self-Assessment



52 Weeks
to a Healthier You!
www.lookwerelearning.com

Use the following Honest Health Self-Assessment page to examine your current health. If you're unsure about how to set a goal weight, try using the [BMI calculator from the National Institutes of Health](#) as a starting point. (Disclaimer: I am not a health or fitness expert. Please consult a medical professional before beginning any fitness or health regimen.)

Since the goal of the 52 Weeks to a Healthier You program is to make becoming healthy a realistic goal, don't overwhelm yourself by listing all of the things you want to change about your life this year. When you're listing the five healthy habits you want to start, pick the first five things you want to start doing for yourself. Don't list more than five bad health habits, either. We want to set goals that we can reach!

If you reach the goals on your assessment before the program ends, do a happy dance! Then make another one. 😊 Health is something we have to work at continuously. As you make and reach your goals, you might be surprised how far you'll come!

Your partner in health,

Selena

My Honest Health Self-Assessment

Current Health

Age: _____

Height: _____

Current Weight: _____

Goal Weight: _____

Good Habits I'd Like to Form

1. _____

2. _____

3. _____

4. _____

5. _____

Bad Habits I'd Like to Drop

1. _____

2. _____

3. _____

4. _____

5. _____

Date: _____



For even more support in your health goals, visit the [52 Weeks to a Healthier You Facebook group](#)! You'll find plenty of women who will support and encourage you along the way to a healthier you!