

# worthington optimal wellness

**Welcome to Worthington Optimal Wellness (WOW).**

We are here to discover your goals and priorities as it relates to your health and wellness. Your answers will help us determine how we best help you.

**Let's get started...**

On a scale of 1-10, rate the importance to you to achieve the following:

**1** = not important    **10** = very important

Get Fit	1	2	3	4	5	6	7	8	9	10
Eat Better	1	2	3	4	5	6	7	8	9	10
Weight Loss	1	2	3	4	5	6	7	8	9	10
Reduce Stress	1	2	3	4	5	6	7	8	9	10
Stop Smoking	1	2	3	4	5	6	7	8	9	10
Reduce Pain	1	2	3	4	5	6	7	8	9	10
Increase Mobility	1	2	3	4	5	6	7	8	9	10
Improve Posture	1	2	3	4	5	6	7	8	9	10
Improve Sleep	1	2	3	4	5	6	7	8	9	10
Learn More about Wellness	1	2	3	4	5	6	7	8	9	10
Learn More about relevant Wellness Products	1	2	3	4	5	6	7	8	9	10

Other: \_\_\_\_\_

Which of the above would you say is the most important goal for you to achieve and why?

Have you attempted to accomplish this goal in the past year? Yes No

If yes, what happened and what prevented you from obtaining or maintaining your results?

Additional Questions or Comments: