



# Wellculator ASSESSMENT

Write the date today. Respond to each question. You should do each particular activity 80% of the time to answer YES. Each YES is a point. Allocate half-points, as necessary, as some of the questions are double barreled. Add up your points for a score out of 10. Do not over think it, go with your intuition.

1



**Strategically refuel to sustain energy and good health?** This implies that you generally manage your energy levels through good glycemic (blood glucose) control and you know what your body needs in terms of nutrients.

	(1/2 or 1) <i>Yes</i>	(0) <i>No</i>
Week 1		
Week 2		
Week 3		

2



**Eat like an artist with the aim of supporting good gut health?** This implies that you eat 8 or more servings of fresh produce per day (1 serving = 1 fistful or tennis ball size), providing your digestive system with adequate fibre and nutrients.

Week 1		
Week 2		
Week 3		

3



**Practice mindful eating and balance portion sizes?** This implies that you take at least 15 minutes to enjoy meals mindfully – not over a laptop, chewing well and savouring each mouthful. And, do you manage the number of calories you consume to maintain a healthy weight. Allocate 1/2 points, as necessary.

Week 1		
Week 2		
Week 3		





(1/2 or 1) (0)  
*Yes No*

4

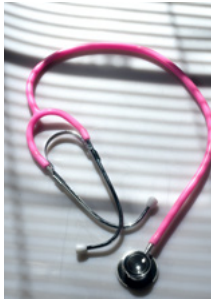


**Hydrate adequately and rethink other drinks (caffeine, sugar, alcohol)**

This implies that you drink 1 glass water (1 glass = 250ml) per 10kg that you weigh. And, you limit caffeine (2-3 small coffees) and alcohol to less than 2 units per day. Allocate 1/2 points, as necessary.

Date:		
Date:		
Date:		

5



**Know your health numbers and not smoke?** This implies that you keep track of measurements such as your blood pressure, blood glucose and cholesterol on an annual basis. And, you do not smoke. Allocate 1/2 points, as necessary.

Date:		
Date:		
Date:		

6



**Get enough sleep to feel rested and well?** This implies that you fall asleep and stay asleep through the night, as well as wake up feeling rested on most days of the week. Most adults need 7 to 9 hours of sleep per day.

Date:		
Date:		
Date:		

7



**Have a daily mindfulness practice** i.e. meditation, prayer, solitude, journaling, gratitude? This can be as short as 15 minutes or longer. The key is consistency and it is a practice that allows for contemplation and quiet reflection.

Date:		
Date:		
Date:		

8



**Activate and move to support performance during your workday?** This implies that you do not sit and work for extended periods of time, ideally moving for a few minutes every hour perhaps also doing walk and talk meetings and sit-stand working.

Date:		
Date:		
Date:		





(1/2 or 1) *Yes* (0) *No*

9



**Do intentional physical exercise (30 minutes on most days of the week) including range of cardio, weight-bearing, and flexibility training?** It is important to include stretching and flexibility such as yoga or Pilates into your routine. Allocate 1/2 points, as necessary.

Date:	
Date:	
Date:	

10



**Know your personal response to stress and usually remain able to manage it without feeling overwhelmed?** This implies being aware of when your body is triggered by stress either physically, emotionally, or mentally. And, you have techniques to self-regulate such as deep breathing. Allocate 1/2 points, as necessary.

Date:	
Date:	
Date:	

*Total score*

No matter what your Wellculator™ score is, there is always opportunity for growth and learning.

Over the next few weeks and months you will have time to review and reflect on each of the aspects on the Wellculator. Enjoy the journey!

Date:	
Date:	
Date:	

