

## Worksheet for Chapter 1 – Reality Check

There are five questions in each category.

- Print the checklist and keep it where you will see it every day...the bathroom mirror or the refrigerator.
- Every day, look at the list and make a plan to change just one thing.
- Every week, change one “No” into a “Yes”.

### **Your Motivation to Accomplish Health and Wellness**

Start date \_\_\_\_\_ One month “Yes” \_\_\_\_\_ Two months “Yes” \_\_\_\_\_ Three months “Yes” \_\_\_\_\_

#### **Kitchen**

- \_\_\_ Yes \_\_\_ No Look in your refrigerator. Are there healthy choices at eye level?  
\_\_\_ Yes \_\_\_ No Are there *any* healthy foods in your refrigerator?  
\_\_\_ Yes \_\_\_ No Look in your pantry. Are there healthy choices?  
\_\_\_ Yes \_\_\_ No Do you drink at least eight glasses of water every day?  
\_\_\_ Yes \_\_\_ No Do you track the food/calories you eat every day?

#### **Closet**

- \_\_\_ Yes \_\_\_ No Can you wear any of the clothes you wore two years ago?  
\_\_\_ Yes \_\_\_ No Do you have a favorite outfit in your closet that you want to wear, but can't fit into?  
\_\_\_ Yes \_\_\_ No Can you zip and button your pants that don't have elastic in the waist?  
\_\_\_ Yes \_\_\_ No Have you gone shopping for clothes in the last six months because you *wanted to* instead of the need to find something that fits?  
\_\_\_ Yes \_\_\_ No Do you wear black all the time because it makes you look slim?

#### **Fitness**

- \_\_\_ Yes \_\_\_ No Can you bend over and touch your toes?  
\_\_\_ Yes \_\_\_ No Can you pick up a bag of groceries and carry it into the house without getting out of breath?  
\_\_\_ Yes \_\_\_ No Do you wake up in the morning energetic and ready to face the day?  
\_\_\_ Yes \_\_\_ No Have you taken a walk in the last week?  
\_\_\_ Yes \_\_\_ No If you fell down, would you be able to get up?

#### **Socialization/Attitude**

- \_\_\_ Yes \_\_\_ No Have you made an effort to sit down and talk to a friend without any distractions in the last two months?  
\_\_\_ Yes \_\_\_ No Have you banished the excuse that you are “too old” to do something?  
\_\_\_ Yes \_\_\_ No Did you set goals a month ago that you continue to keep?  
\_\_\_ Yes \_\_\_ No Are you passionate about your effort to be healthy?  
\_\_\_ Yes \_\_\_ No Do you smile when you look in the mirror?

\_\_\_\_\_ One or less “Yes” in each category, you really need to read every chapter of this book as soon as possible.

\_\_\_\_\_ Two “Yes” in each category, you are making progress, but need to have a plan to make more progress.

\_\_\_\_\_ Three “Yes” checkmarks in each category and you are making progress. J.O.Y. is on the horizon.

\_\_\_\_\_ Four “Yes” check marks and you are a star! Give yourself a pat on the back and work on those last few check marks.

\_\_\_\_\_ All “Yes” check marks and you are a Super Star! Keep up the good work.