

## WORKSHEET # 7: MONTHLY EVALUATION

### *Physical:*

Current Weight: \_\_\_\_\_ Current BMI: \_\_\_\_\_

Current Measurements: Waist \_\_\_\_\_ Shoulders \_\_\_\_\_

Arms \_\_\_\_\_ Chest \_\_\_\_\_

Changes from Last Month:

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Have you made progress in your specific physical goals?

YES

NO

What would you identify that helped you make progress in this past month, which you want to continue to do in the month to come to maintain that progress? (Circle all that apply)

Calorie Deficit

Better Diet

More Active

Lifting Weights

More Walking

More Sleep

Better Sleep

Vitamins/Supplements

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

### ***Mental/Emotional:***

Over the past month, how would you rate your performance in:

Maintaining Peace Within:

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

Maintaining Humility:

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

Maintaining Gratitude:

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

How has your performance in these areas affected your overall mental and emotional health?

Negatively Affected    No Affect    Positively Affected

What strategies could you employ to maintain/improve your mental and emotional health in the month to come? (circle all that apply)

Controlled Breathing    Bible Meditation    Prayer

Contemplation of God and His Creation

Serving Others    Learning New Skills    Inviting Feedback

Apologizing    Publicly Expressing Gratitude

Forgiving Others    Receiving Forgiveness

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

***Spiritual:***

Over the past month, have you felt you are:

Closer to God

Farther from God

No Change

If you feel you have moved closer to God, to what would you attribute the deepening of your relationship with Him? (circle all that apply)

Experiencing His Forgiveness

Forgiving Others

Being Humble

Being Thankful

More Meaningful Time in Prayer

More Meaningful Time in Bible Study and Meditation

Attending Church Regularly

Spiritual Fellowship with Others

Serving Others

If you feel you haven't moved closer to God, what would you identify from the choices above that need to become a bigger part of your life for that to happen? (underline all that apply)

***Social:***

Over the past month, how would you rate your relationships with:

Your Family?	Better	Worse	No Change
Your Church Family?	Better	Worse	No Change
Your Friends?	Better	Worse	No Change
Your Employer?	Better	Worse	No Change
Your Co-workers?	Better	Worse	No Change

If your relationships with others have improved over the past month, to what would you attribute that improvement?  
(circle all that apply)

Being in a Better Mental/Emotional State

Being Humble

Expressing Gratitude

Forgiveness

Controlling Your Tongue Better

Listening Better

Being Diligent

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

### ***Financial Management:***

Over this past month have you made progress towards your financial goals?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

If yes, to what would you attribute that progress? (Circle all that apply)

## Reduction in Unnecessary/Frivolous Spending

Earning More Income      Debt Reduction

Better Time Management      New Source of Revenue

If no progress has been made, what changes could you make in the coming month? (circle all that apply)

## Reducing Unnecessary/Frivolous Spending

## A Change in Employment      Learning New Skills

Paying Down Debt                      Managing Time Better

## Finding Other Sources of Revenue

### Time Management:

Over this past month, has your time management improved?

YES	NO
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What areas of wasted time do you identify you still need to work on eliminating? (Circle all that Apply)

Procrastination                      Screen Time

Disorganization      Distractions

**Overall:**

Over the past month, how well were you able to:

Stay focused on your Vision and Purpose?

Fully    Mostly    Partially    Occasionally    Not at All

Embrace your Identity in Christ?

Fully    Mostly    Partially    Occasionally    Not at All

Live Up to Your Code of Conduct?

Fully    Mostly    Partially    Occasionally    Not at All

In what ways would you identify you have become more like Christ over the past month?

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In what areas would you identify you need to strive to become more like Christ in the coming month?

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