

Your Name: _____ Date of Assessment: ____/____/____

Physical-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
I am uncomfortable with my body.	I am generally comfortable with my body, but at times I am still self-critical.	I am not only accepting, but proud of my body.
1—————2	2—————3	4—————5
I eat whenever I wish and am not really aware of the nutritional value of the food I eat.	I am aware of the nutritional value of the food I eat, but many times I don't eat what is good for me.	I am aware of the nutritional value of the food I eat and I nearly always eat only what is good for me.
1—————2	2—————3	4—————5
I don't give physical fitness much thought and only exercise when I have to.	I value physical fitness and sometimes I include time for exercise in my daily routine.	I value physical fitness and include time for exercise in my daily routine on a regular basis.
1—————2	2—————3	4—————5
My energy level fluctuates from low to high, though frequently it is low and I do not know why.	My energy level is usually good and I do what I can to take care of myself.	My energy level is consistently high and I spent time and pay attention to taking care of my physical well-being.
1—————2	2—————3	4—————5
I do not care much about what I weigh and do not try to control my weight.	I sometimes become concerned about my weight and try to control it for short periods of time.	I monitor and control my weight because I know it is one of the keys to positive physical health.
1—————2	2—————3	4—————5
I am very uncoordinated and do not wish to be involved in physical tasks, enjoying neither group nor individual sports.	I am not extremely coordinated but will try physical tasks. My skill level in sports is moderate.	I am well coordinated and feel comfortable with physical tasks including both group and individual sports.
1—————2	2—————3	4—————5
I do not like to work with my hands because I know I might mess things up.	I like working with my hands and sometimes things come out the way I want them to.	I like working with my hands and am nearly always proud of the end products of my manual labor.
1—————2	2—————3	4—————5

I have never been interested in developing a physical health plan and would probably not be very effective in following one if I had it.	I have developed physical health plans, but am only effective in following them for a month or two.	Throughout most of my life I have developed long-term physical health plans and followed them effectively.		
1	2	3	4	5

My strengths in terms of my physical self include:

Aspects of my physical self which show opportunity for further growth include:

My general thoughts and feelings about my physical self are: