**Balance new client worksheet**

Please complete the below worksheet and submit it via email on the day of your check-in.

* + - 1. **What does being healthy mean to you?**

**2**.**Which one habit do you think you can start with first in terms of your food?**

*(Perhaps think of your barriers and use these to identify a habit to get started).*

The 10 habits:

* Eat 3-4 meals per day
* Have 1 lean source of protein per meal (i.e. non-breaded/not fried)
* Aim for ½ your plate vegetables
* Take an omega 3 oil & vitamin D supplement at breakfast
* Drink at least 3 litres of water per day (if not on a fluid restriction)
* During each meal eat until 80% full
* Drop any liquid calories (lattes, sugary drinks, alcohol)
* Notice your “trigger foods)
* Get active in daily life- walk more
* Starting back to weights 1 day a week
* Sleep at least 8 hours per night

1. **How confident are you that you can do this for the next 2 weeks out of 10 (10 very confident)?**
2. **How/ when and where will you complete this habit?**

*e.g. My goal is to cook my dinner from scratch. Every Sunday I will plan my meals for the week and go grocery shopping to buy the ingredients. I will meal prep on a Sunday and Wednesday night.*

1. **Finding your deeper why (the 5 whys)**

Why do you want to change?

Why do you want to achieve that?

And why is that important?

And why will that make a difference?

And why will that matter?

**Example from a previous client….**

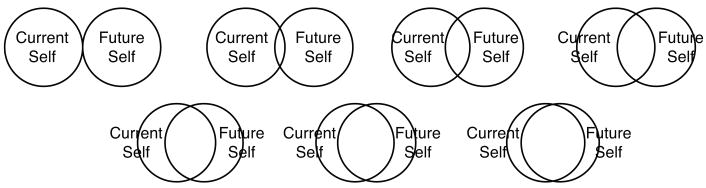
1. Why do I want to lose fat? *Because I want to fit into a smaller size of jeans.*
2. And why does that matter?*Because when I’m wearing smaller jeans, I think I’ll look better.*
3. Why do I want to look better?*Because when I look good, I feel good about myself.*
4. Why do I want to feel good about myself?*Because when I feel good about myself, I’m more confident.*
5. Why do I want to be more assertive and confident?Because when I’m more confident my relationships are better and overall quality of life is better.

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1. **Next I want you to think about how far away your present self is to your future self (using the letters above). Next I want you to answer, what does my future self-look like and who are they, what behaviours do they have and daily habits to they practice?**

**(your future self is based on your ultimate goal)**

1. **Your Mindset- please indicate your response to the following statements.**

You can learn new things, but you can't really change your basic intelligence.

|  |  |  |  |
| --- | --- | --- | --- |
| * Disagree | * Somewhat disagree | * Somewhat agree | * Agree |

1. **People are born with a certain amount of talent and there is little you can do to change it.**

|  |  |  |  |
| --- | --- | --- | --- |
| * Disagree | * Somewhat disagree | * Somewhat agree | * Agree |

1. **I embrace challenge**

|  |  |  |  |
| --- | --- | --- | --- |
| * Disagree | * Somewhat disagree | * Somewhat agree | * Agree |

1. **I have willpower and persevere**

|  |  |  |  |
| --- | --- | --- | --- |
| * Disagree | * Somewhat disagree | * Somewhat agree | * Agree |

1. **How do you react when people give you feedback on your performance (e.g. work, relationship, exercise, sports, finance etc)?**
2. **How do you react when you fail at something? E.g. weight loss/ exercise**