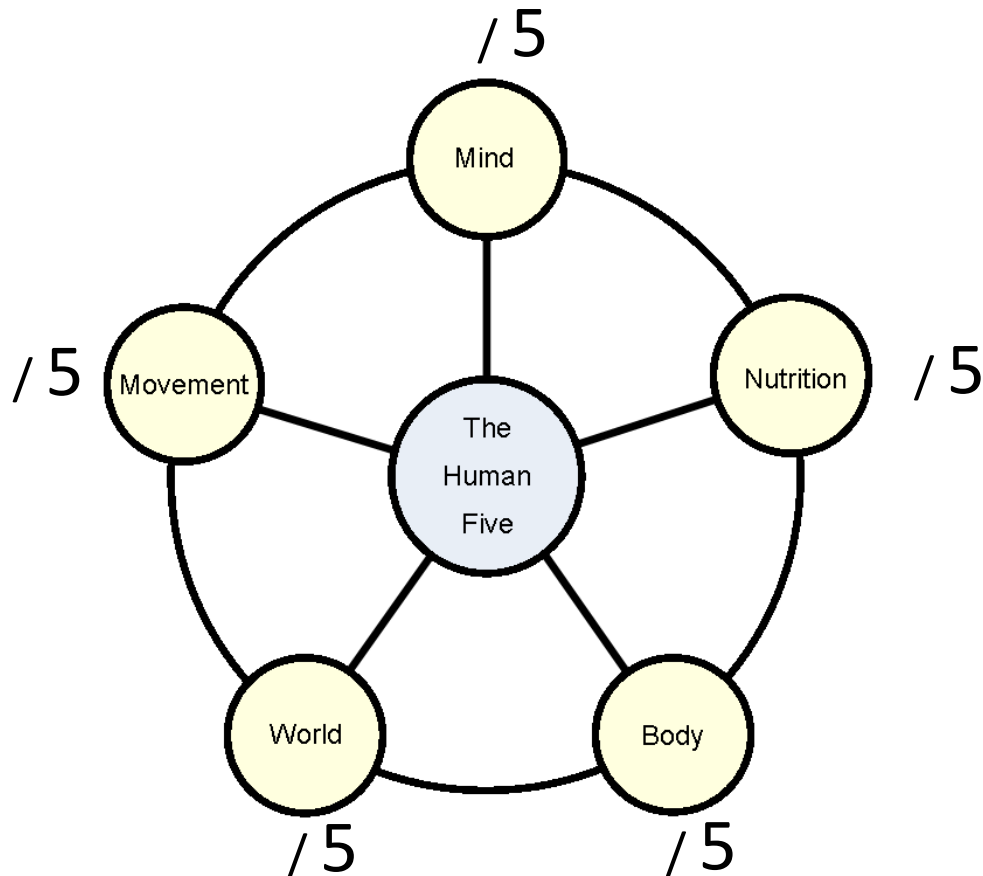


The Human Five

...your health and wellbeing...

Please score yourself out of 5 in each of the areas below.

(see the back of this sheet for more information)



What matters to you?

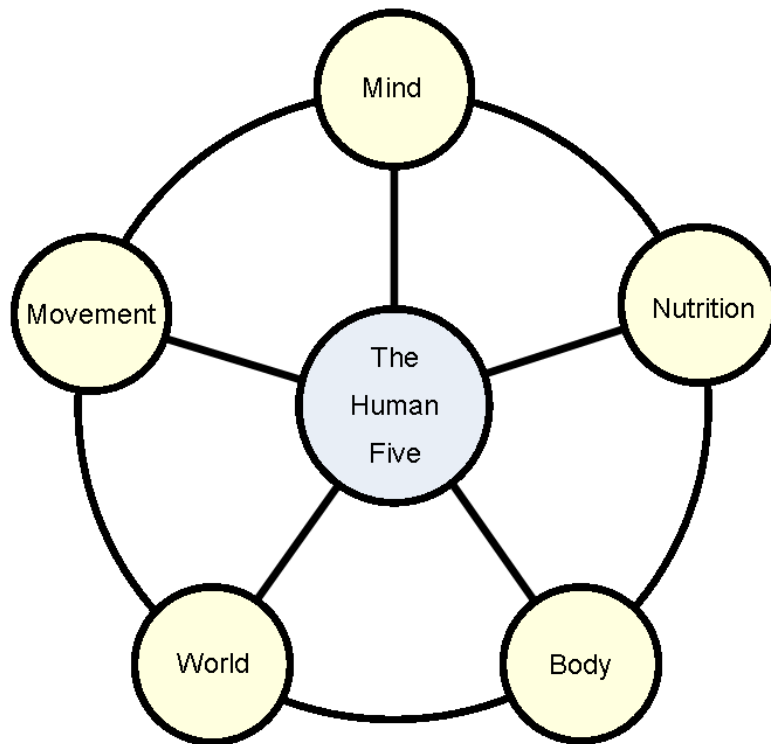
Would you like to improve any of your scores?

Have you any thoughts about how you could do this and what might help?

How would your score change?

The Human Five

...a universal health and wellbeing model...



Your Mind – Making the most of your mind every day, and trying to deal with the challenges your mind encounters. Also your knowledge about your health and your feelings, emotions, beliefs, values.

Your Movement – Your body is designed to move to interact with your world (functional ability). There can also be great benefits from being physical activity.

Your Nutrition – What you eat and drink can be of great benefit to you but it can also cause of a lot of problems.

Your World – A huge and broad range of topics covering everything to do with you and your world, including for example your relationships and your environment.

Your Body – This includes your body parts and how they work.

Each of these five areas is linked to all of the other areas.