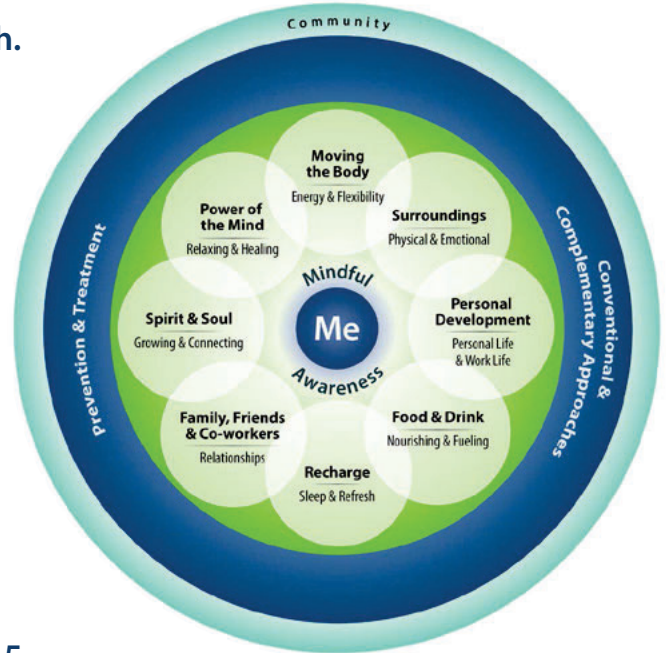


PERSONAL HEALTH INVENTORY

Use this circle to help you think about your whole health.

- “Me” at the center of the circle: This represents what is important to you in your life, and may include your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is about noticing what is happening when it happens.
- Your everyday actions make up the green circle. Your options and choices may be affected by many factors.
- The next ring is professional care (tests, medications, treatments, surgeries, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people, places, and resources in your community. Your community has a powerful influence on your personal experience of health and well-being.



Rate where you feel you are on the scales below from 1–5, with 1 being not so good, and 5 being great.

Physical Well-Being

1 NOT SO GOOD
 2
 3
 4
 5 GREAT

Mental/Emotional Well-Being

1 NOT SO GOOD
 2
 3
 4
 5 GREAT

Life: How is it to live your day-to-day life?

1 NOT SO GOOD
 2
 3
 4
 5 GREAT

What matters most to you in your life right now? Write a few words to capture your thoughts:

Things that matter in my life are: a healthy pregnancy, healthy birth, and positive transition into parenthood.

The excitement over starting a family brings me joy and happiness.



Where You Are and Where You Would Like to Be

Building Blocks of Health and Well-being	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body:	3	4
Recharge:	3	4
Food and Drink:	4	5
Personal Development:	3	3
Family, Friends, and Co-Workers:	2	4
Spirit and Soul:	4	4
Surroundings:	4	5
Power of the Mind:	3	4
Professional Care:	4	5

Reflections

We want to do all we can to ready ourselves and our lives to become good parents. We hope to have two children over the next 10 years and that we will make it through this process without any complications.

We are hoping to continue to improve our diet, physical fitness, sticking to bedtimes, and hopefully make some new friends.