

# Honest Health Assessment

———— 2022 ————

An assessment to help you take an honest look at your overall health and guide you on a reasonable path moving forward.



## A Note From Brooke

I have developed a few deep convictions over the past few years. The ideas are honestly very simple and not that profound, but they have helped shape me and hundreds of other women I've had conversations with. Here you go...

No two women are the same.

All women have value.

Comparison only hurts you.

It takes work to be healthy and whole.

You cannot journey alone.

Authenticity begins with honesty.

This health assessment is meant to act as a beginning point or a restart for you. I truly believe that you have the potential to be comfortable in your own skin and that prioritizing your health can be simple and fun.

I only ask two things of you.

First, when you fill out this guide, be honest.

Don't over or under estimate where you truly are.

Second, share it with at least one person.

Bring them in to your health journey and share your heart.

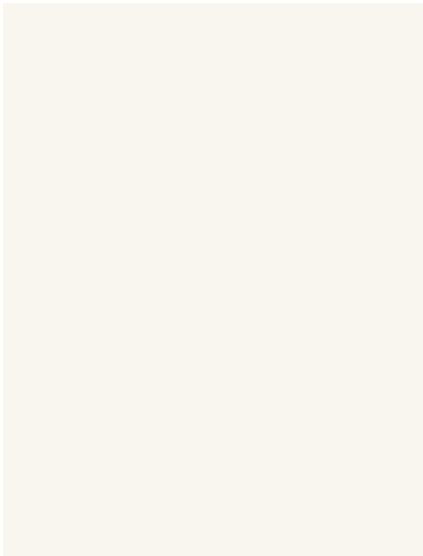
Your greatest asset right now is knowing where you are so you can be clear about where you want to go.

Brooke Robinson

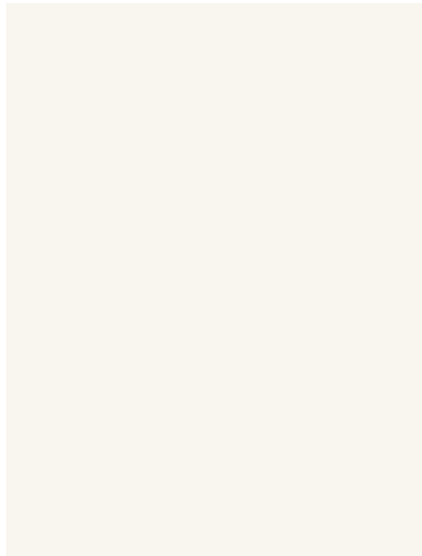
## GETTING STARTED

There are many factors that contribute to your overall health. Everyone has some areas where they feel confident or accomplished and probably some areas where they feel they are failing or really underachieving. As a way to get started, give yourself a rating (1-5) in the categories below. Don't over think it. This is your honest health assessment after all.

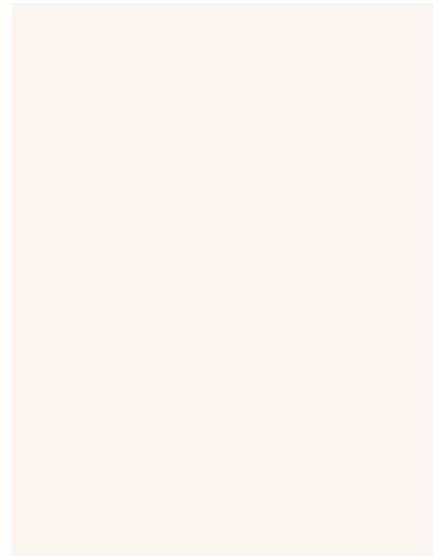
### FITNESS & EXERCISE



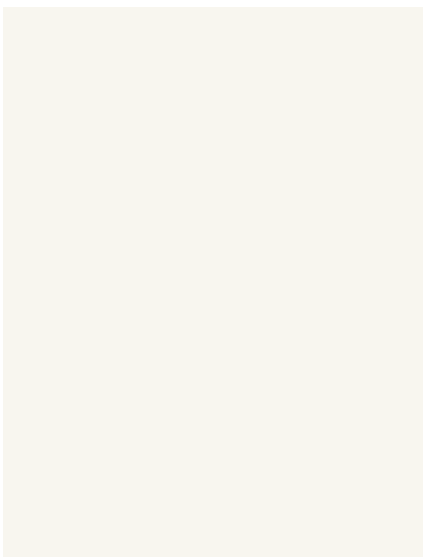
### SLEEP & REST



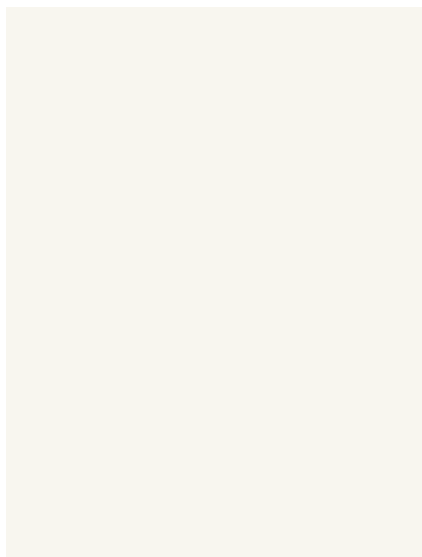
### FOOD & WATER



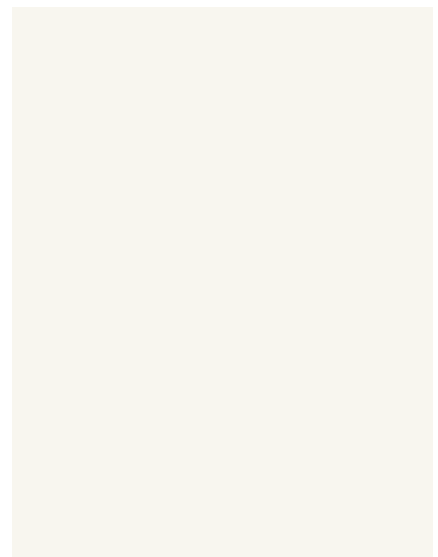
### HEALTHY HABITS



### HEALTHY MIND



### HEALTHY FRIENDSHIPS



## FITNESS & EXERCISE

In order to have a healthy strong body, women need 3-5 days a week of moderate exercise. Moderate in both duration and intensity (30+ minutes and at least reaching 120bpm). Your heart, muscles and mind all need to be used and they need to be pushed up to their capacity fairly frequently.

Below are some of the common types of exercise that most women engage in. Here is your task:

CIRCLE 2-3 of your favorites

CROSS OFF 1-2 that you despise

STAR 1-2 you need to try

BARRE

YOGA

HIIT

WEIGHTS

SPIN

AEROBICS

RUNNING

CORE

Having a plan for fitness & exercise is honestly 1/2 of the struggle. If you think you will get to it eventually, you rarely ever will. It needs to be a priority in order for it to happen. Here is your task: Circle 3 days of the week that you commit to exercise & cross off 1-2 days you know just won't work.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## SLEEP

Recovery is as much a part of your health as exercise. The two go hand in hand. You need good sleep (7+ hrs) to recover from the strain your body goes through and your sleep sets up your next day of exercise as well. Track your sleep over the next 10 days (including naps) to get a clearer picture of how much or how little sleep you are truly getting.


## REST DAYS

Your body needs to be disrupted in order to change. Everyone falls into comfortable patterns and schedules naturally, but change is good and necessary. Track the next 10 days of your movement below. Your body generally needs a 4-4-2 ratio to see changes over time. If you are just beginning or restarting, then consider a 3-4-3 ratio and work from there.

<b>PUSH</b> A DAY WHERE EXERCISE IS MORE INTENSE OR LONGER THAN NORMAL	<b>MAINTAIN</b> A DAY WHEN YOU EXERCISE AT A TYPICAL OR COMFORTABLE LEVEL & INTENSITY	<b>REST</b> A DAY WITHOUT EXERCISE OR SPENT IN ACTIVE RECOVERY OR STRETCHING
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## FOOD

The content and volume of the food that you eat has almost more bearing on your overall health than anything else. Healthy food doesn't have to take your entire day to prep or whole paycheck to purchase. You can eat healthy at a restaurant or at home. Be consistent and believe that your body needs it. It does take intentionality and some discipline but it can be fun and rewarding!

### HEALTHY MEALS

WHAT YOU ALREADY EAT AND LOVE

1.

2.

3.

4.

### HURTFUL MEALS

WHAT YOU NEED TO REDUCE OR REMOVE

1.

2.

3.

4.

### NEW TO YOU MEALS

ASK A FREIND TO RECOMMEND THEIR FAVS

1.

2.

3.

4.

5.

6.

## HEALTHY MIND

(STRONG MINDS ARE IMPORTANT TOO)

Five years from now, what do you hope is said about you as a person?  
What characteristics or qualities would you hope define you?

**THOUGHT:** *Isn't it crazy how 1000 people can compliment you but you spend all day thinking about the 1 person who criticized you?*

**TIP:** *The most overlooked and underappreciated growth strategy is patience.*

**REMINDER:** *Feel compliments as deeply as you feel insults.*

**TRUTH:**  
*Be forgiving with your past self  
Be strict with your present self  
Be flexible with your future self*

## UN-TRUE

What lies do you consistently tell yourself that you need to write down so that you can remember they aren't true and don't define you? Be specific and give the lies a name.

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## HEALTHY HABITS

(OUR HABITS SHAPE US CONSISTENTLY)

What are you most proud of currently? What habits do you find bring you the most joy, success and energy? Be specific.

## MISSING HABITS

Unhealthy habits are only overcome when they are replaced with new ones. What areas of your life need the biggest change right now? Food. Thoughts. Technology. Work. Relationships. Exercise.

**THOUGHT:** *When talent is lacking, habit will often suffice.*

**TIP:** *Mental toughness is persistence not intensity.*

**REMINDER:** *Successes are revised mistakes.*

**TRUTH:**  
*It is better to do less than you hoped than nothing at all.  
No zero days.*

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## HEALTHY RELATIONSHIPS

(OUR PEOPLE INFLUENCE OUR FUTURE)

Who are your trusted allies, biggest encouragers, and truth speakers in your life? How do they help make you healthy and whole?

## YOU AS A FRIEND

In order to be a friend who contributes to the health of others, what do you need to prioritize or emphasize in the future to be the kind of friend you need to be?

**THOUGHT:**

*Externally, be humble.*

*Internally, be confident.*

**TIP:** *The key, if you want to build habits that last, is to join a group where the desired behavior is the normal behavior.*

**REMINDER:** *Be the designer of your world and not merely the consumer of it.*

**TRUTH:**

*You can borrow knowledge but not action.*

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# Your Health Journey

## REMEMBER

You set the course for who you will be one month, one year and one decade from today. You have been given one body to steward & shape & if you don't prioritize your health, no one else will. Your health is the sum total of who you are as a person, not just your physical appearance. Find your tribe & go for it!

I'm going to share  
my Honest Health  
Assessment with  
this person:

The biggest  
category change  
for me the next  
3 months will be:

The biggest  
obstacle to my  
health that I need  
to overcome is:

The strongest  
truth that I need  
to believe moving  
forward is: