

# Personal Vitality Audit

**Discover your current state of vitality.** For each statement below, choose and insert one of the following numbers:

(1) strongly disagree, (2) mildly disagree, (3) neutral, (4) mildly agree, or (5) strongly agree

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- \_\_\_\_ I find it difficult to concentrate during meetings or in conversations with coworkers more in the past five years.
- \_\_\_\_ I have lost or gained weight as a result of stress or lifestyle-related factors in the past year.
- \_\_\_\_ I will sometimes use alcohol or sleep medication to get the sleep I need.
- \_\_\_\_ I often feel muscular tension while at work in the form of tight shoulders, hips, back, neck, etc.
- \_\_\_\_ I have started and stopped a structured diet within the past two years.
- \_\_\_\_ I don't have the energy I'd like for my family or leisure activities.
- \_\_\_\_ I have started and stopped an exercise practice within the past two years.
- \_\_\_\_ As I have become older I feel like the amount of time I can concentrate on one thing is shorter.
- \_\_\_\_ I believe that my food choices and consumption (portion size) could be better.
- \_\_\_\_ I consume more stress-related medications, such as anti-anxiety, depression, or other self- or doctor-prescribed medications, and/or I consume more alcohol.
- \_\_\_\_ I feel that there is a significant increase in time pressure and deadlines, requiring longer working hours than in the past.
- \_\_\_\_ I eat mindlessly out of habit more than I'd like.
- \_\_\_\_ I find it hard to commit to an exercise program for more than a few months.
- \_\_\_\_ On long, complex projects, I need to monitor my concentration.
- \_\_\_\_ I am more apt to take longer to recover (physically or mentally) following a business trip.
- \_\_\_\_ I feel I must endeavor to fully concentrate when speaking with clients, coworkers, and family members.

# Team Vitality Audit

- I find it difficult to maintain a healthy eating schedule when traveling.
- I have noticed an increase in difficulty falling asleep or staying asleep during the night.
- I sometimes find that my patience level is less than what it used to be in certain situations.
- I find exercising while traveling extremely challenging for a variety of reasons.
- I experience significant periods of high and low energy throughout the day, making it difficult to concentrate.
- It has become more difficult in the past five years to separate the stress of work from other areas of my life.
- I have less time for exercise now than I did a year ago.
- Over the past two years, I have noticed an increase in headaches, high blood pressure, and /or gastric (stomach) problems and/or have been diagnosed by a doctor as having one or more medical risks.
- I am more likely to overeat or eat poorly when I am stressed.

## Vitality Audit Results

Sub-total each pillar of vitality. The combined total represents your team's overall vitality.

General \_\_\_\_\_  Focus \_\_\_\_\_  Nutrition \_\_\_\_\_  
 Fitness \_\_\_\_\_  Recovery \_\_\_\_\_  
**Overall Vitality Total: \_\_\_\_\_**

### Key to specific pillars of vitality.

- 5 – 10 points:** This area is not an issue at this time.
- 11 – 15 points:** There is a moderate need for improvement in this area.
- 16 – 20 points:** There is a strong need for improvement in this area.
- 21 – 25 points:** This area should be the highest priority to improve your team's vitality.

### Key to overall vitality.

- 25 – 50 points:** Vitality is not an issue at this time.
- 51 – 75 points:** There is a moderate need for improved vitality.
- 76 – 100 points:** There is a strong need for improved vitality.
- 101 – 125 points:** Vitality should be one of your team's highest priorities.

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