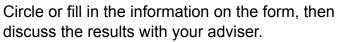
Wellbeing check-in





Name:		Date:								
How are you feeling?	How is your energy at the moment?	What is affecting you lately?								
Angry Frustrated Worried Sad Calm Happy	Very low Low Medium to Low Medium Medium Medium to high High Very high	Children and home life Becoming a parent Work pressures Family worries Money or benefit issues Caring for someone Physical health problems Bereavement Divorce Relationship problems Experienced a crime Moving house Change of job Redundancy/unemployment Other big life event: Other:								
Describe how you are feeli	ng lately?									
How many hours of unbroken sleep do you get? (most adults need 7-9 hours)										
What's the first thing you opening your eyes? (What d										
Technology										
How many hours per day do you view a screen (TV or Computer)?										
Do you take regular breaks from your mobile and for how long?										
Do you use your mobile ph	none in bed before sleep?	Yes No								

Food and drink

How much of these fluids do you drink?

Water (glasses) Daily	Tea (cups) Daily	Coffee (cups) Daily	(cı	Herbal/other (cups) Daily		Smoothies (glasses) Daily		Alcohol (units) Weekly			
6-8 glasses recommended	Limit to 4	Limit to 2	Limi	Limit to 4		Limit to 1		Limit to 14 units			
How much of these types of foods do you eat?											
Vegetables (portions) Daily	Fruit (portions) Daily		Processed (meals) Daily	(meals)		ways als) ekly	E	Eating out (meals) Weekly			
5 portions fruit/veg		5 portions fruit/veg		imit as much as possible		Limit to 1		Limit to 1 unless it is healthy			
Lifestyle											
What hobbies do you take part in each week?											
What exercise/activities do you do each week?											
Do you pray or meditate, what is your practice?											
Habits											
Do you comfort eat when you are stressed?				Ye	s No						
Do you have regular breaks from work?			Ye	s No							
Do you take time out every day for yourself?				Ye	s No						
Do you go for walks/outside regularly?				Ye	s No						
Do you smoke?				Ye	s No						