

Benchmarking my progress

HOSPO Health is all about YOU! It's health and wellbeing delivered to you at any location you want!

A great way to keep on track is to write down your health and wellbeing goal/s. Do it when you start the program, and then in 3 months or 6 months or at any regular intervals that suit you. You can keep your results private, or share them with a friend to help keep you accountable.

We all want to be healthy and happy, right? So let's get started!

MY HEALTH AND WELLBEING GOAL IS:

Habit I would like to add:

Habit I would like to break:

HEALTH ASSESSMENTS

Oxford Happiness Questionnaire: 3 minutes – results emailed
<https://www.hospohealth.com.au/happiness-calculator/>

Number:

Depression, Anxiety, Stress Survey: 1 minute – results instant
<https://www.hospohealth.com.au/mental-health-calculator/>

Depression Score:

Anxiety Score:

Stress Score:

Sitting Score: <https://www.hospohealth.com.au/sitting-calculator/>

Sitting Hours:



REMEMBER

Starting with
small steps
makes lasting
change easy
#hospohealth

