

# WELLBEING CHECK-IN: RATE YOUR WELLNESS TODAY



How well are you feeling right now? Your overall happiness and work performance can be influenced by various factors.



To find out how you're tracking today, give yourself **one point** for each of the following areas you've addressed in the past 24 hours:



## Quality Sleep: +1

Have you enjoyed enough and restful sleep?



## Movement:

Have you participated in the right physical activity for you?



## Time Outdoors:

Have you spent time connecting with nature?



## Nutrition:

Have you chosen nourishing and balanced meals?



## Hydration:

Have you maintained proper fluid intake?



## Mindfulness:

Have you practiced mindfulness techniques?



## Social Connection:

Have you connected with friends and family?

Now, calculate your score:



### 1 - 3 points:

**RESTORE** your wellbeing balance.



### 4 - 5 points:

Keep it up and **MAINTAIN** your mojo.



### 6+ points:

**CHALLENGE** yourself to reach new heights!

*Take a moment to reflect on your score and consider what steps you can take to enhance your overall wellbeing today and tomorrow.*

Remember, a balanced approach to these factors can lead to a happier and more productive you!

For more tips on boosting your wellbeing visit [www.fitnesspassport.com.au](http://www.fitnesspassport.com.au)

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