



VIBE HEALTH QUIZ

Answer these questions to find out how I can help you find your unique VIBE!
Results on next page

I feel tired or lethargic regardless of how many hours I sleep at night. I sometimes struggle to fall or stay asleep. I could use more energy for sure!!!

I sometimes turn to food as a comfort or a reward. I am an emotional eater!

I struggle to find the right foods to eat to stay energized and satisfied all day long. Nutrition confuses me – every time I look at the news, internet or social media my head spins!

My current diet and exercise routine are not producing the results I want. I am not completely satisfied with how I look and feel.

I can't seem to find a regular exercise routine. Either I can't find the time, haven't found something I love doing, don't know what kind of exercise will work for my body or am too embarrassed to be seen exercising, even with my family.

I feel anxious, nervous, judged, depressed or inadequate more than I'd like to admit.

My relationships with family, friends, neighbors or coworkers are not what I would like them to be and can stress me out as often as they bring me joy!

I have trouble communicating my life's purpose and do not set regular goals to support what I want out of life. I'm living day to day, sometimes hour to hour (heck, I'm hanging on minute by minute on my worst days).

I dwell on past events, relationships, conversations or outcomes and spend too much time worrying about the future. I struggle to be happy with each moment and tend to wish away the day and hope tomorrow will be better.

I spend waaaaay too much time criticizing myself and cannot accept a compliment with grace.

I lack a spiritual connection that feeds my soul.



VIBE HEALTH QUIZ RESULTS

How many "YES" answers did you accumulate?

Whether it was 1 or 10, look below to reveal your VIBE status!

0-1 Yes answers

Jammin' VIBE! You're doing a great job of balancing nutrition, fitness and mindset. You may have just one or two areas that could be tweaked to take you to the next level...Optimal Wellness!

In my health coaching program, you will learn how to take your life to the next level. Together, we will create a plan to address what has been holding you back from becoming the very best version of yourself and take immediate steps to achieve your highest goals. You will have much needed time away from your busy life to practice self-care, holistic health and most importantly, develop a coaching relationship where you feel seen and heard.

1-2 Yes answers

Coastin' VIBE! You do a good job with the basics. You know what you're supposed to do to stay healthy and sometimes feel like you're in the groove. Sometimes you fall back into old habits and may struggle to hold yourself accountable. You feel like you're holding your own but could do better!

In my health coaching program, you will learn to find and stay in a good routine with nutrition, exercise and mindset. You will have built in accountability from a coach, but also learn how to hold yourself accountable for the long term. Together, we will create a plan to address what has been holding you back from becoming the very best version of yourself and take immediate steps to achieve your health goals. You will have much needed time away from your busy life to practice self-care, holistic health and most importantly, develop a coaching relationship where you feel seen and heard.



VIBE HEALTH QUIZ RESULTS

2-3 Yes answers

Hurtin' VIBE! You know you need some help but aren't sure where to turn. You're confused about where to start and how to get the most bang for your buck. Is it a gym, a fad diet, the latest supplements and superfoods? The information out there changes every darn day! It's overwhelming, so you keep living day-to-day, promising to "do better" tomorrow!

In my health coaching program, you will get the help and support you need to turn your health around. No question is too silly and you will get the answers you've been looking for to start your health journey! Together, we will create a plan to address what has been holding you back from becoming the very best version of yourself and take immediate steps to achieve your highest goals. You will have much needed time away from your busy life to practice self-care, holistic health and most importantly, develop a coaching relationship where you feel seen and heard.

4 or more Yes answers

Strugglin' Hard Vibe! You are often unhappy with your health, your body and your life. You beat yourself up for having no willpower and no direction. You look at others and wonder how they do it and know there must be something wrong with you. You feel like you're not living the life of your dreams – heck, you're not even sure what that is!!!

Look no further – my health coaching program is for you! There is no need to feel shame, confusion and hurt for one more day! First of all, you are perfect just as you are and need someone to show you how to believe that. Together, we will create a plan to address what has been holding you back from becoming the very best version of yourself and take immediate steps to achieve your short and long-term goals. You will have much needed time away from your busy life to practice self-care, holistic health and most importantly, develop a coaching relationship where you feel seen and heard.