

Improve your health,
make positive lifestyle changes!

Personal Health Plan



Client name:

Health trainer name:

Number:

Email:

helping you
to help yourself 

Wiltshire Council
 Where everybody matters

General health and wellbeing

Weight:

Height:

Session 1

On a scale of 0 to 10 how important is your health to you right now?

0 1 2 3 4 5 6 7 8 9 10
Not important Very important

On a scale 0 to 10 how confident do you feel about improving your health?

0 1 2 3 4 5 6 7 8 9 10
Not at all confident Very confident

On a scale of 0 to 10 how healthy do you feel?

0 1 2 3 4 5 6 7 8 9 10
Very unhealthy Very healthy

On a scale of 0 to 10 how stressed do you feel?

0 1 2 3 4 5 6 7 8 9 10
Not at all stressed Very stressed

Am I ready to change?

Think of the reasons why you want to change?

What is your motivation?

What I want to achieve (main goal)	Result

Mini task/goals	Result

Achieved = A Part Achieved = P Not Achieved = N