



PRANITA VITALITY
Healthy and Happy Heart

Vitality Self-Assessment tool

This Vitality Self-Assessment tool aims at helping you to become more self-aware of your wellbeing. The experience is like holding a mirror in front of you which will show you positives and also aspects to improve in.

On the scale of 0-10 how much you can relate with these statements?

0 being : completely opposite.

10: Totally relate.

Prevention is Better than Cure!

1. My energy and Vitality helps me to be productive at work <u>and enjoy</u> sports and have fun with my friends and family.	
2. On the scale of 0-10 I rate my energy level to be	
3. I am at my ideal weight and I love looking in the mirror.	
3. I am a non-smoker and drink wine within healthy limits	
4. I am aware of the food and lifestyle choices I have to make to maintain highest level of the health, energy and wellbeing	