

HEALTHY HABITS FOR HEALTHY HORSEWOMEN



21 Day Challenge



Health Assessment

Are you healthy? It's more than just "working out and eating right," you know. We can divide your total health into seven key areas. Take the health assessment at the beginning of the Healthy Habits for Healthy Horsewomen 21 Day Challenge.

Give each key area a rating, 1-10, 10 being best.

___ 1. Cardio. Heart Health. Is your heart healthy and in shape? Can you run, do jumping jacks, sprint upstairs without dying?

___ 2. Strength. Are you happy with your total body strength? Can you do push ups from your toes? Can you easily get on your horse?

___ 3. Flexibility. Can you easily touch your toes? Do you feel limber? Would you like an improved range of motion to help with balance and avoid injury?

___ 4. Core Stability. Do you need a better base of support? Would a stronger core help your back pain?

___ 5. Nutrition/Supplementation. Are you eating nutritious foods? Are you getting enough vitamins and minerals from food or supplements to fuel your body?

___ 6. Mental health, rest, relaxation. Are you overwhelmed and stressed? Do you do anything just for fun? Do you pamper yourself? Take time to chill?

___ 7. Sleep. How many hours of sleep are you getting? Do you have energy? Are you feeling rested?

What is your lowest scored key area? _____

What key area will you focus on for the next 21 days? _____