

Deep Health Questionnaire



1. HOW IS YOUR ENERGY LEVEL TODAY?

EXHAUSTED										SUPERSTAR!
1	2	3	4	5	6	7	8	9	10	

2. HOW PAIN-FREE ARE YOU TODAY?

WORST PAIN EVER										NO PAIN, FEELING GREAT!
1	2	3	4	5	6	7	8	9	10	

3. HOW RECOVERED DO YOU FEEL TODAY? (OR, HOW MUCH DO YOU FEEL LIKE WORKING OUT?)

I'M A WRECK										I'M IMMORTAL
1	2	3	4	5	6	7	8	9	10	

4. HOW CALM AND FOCUSED ARE YOU TODAY?

FREAKING OUT AND FRAZZLED										ZEN MASTER
1	2	3	4	5	6	7	8	9	10	

5. HOW IS YOUR MOOD AND OUTLOOK RIGHT NOW?

UTTERLY MISERABLE										HOORAY FOR EVERYTHING!
1	2	3	4	5	6	7	8	9	10	

6. HOW MUCH DO YOU IDENTIFY WITH A BIGGER "WHY" OR "PURPOSE" FOR LIVING?

LIFE IS MEANINGLESS										I'M AN IMPORTANT PART OF THE "BIG PICTURE"
1	2	3	4	5	6	7	8	9	10	

7. HOW SUPPORTED DO YOU FEEL RIGHT NOW BY THE PEOPLE AROUND YOU?

UTTERLY ALONE										GO TEAM!
1	2	3	4	5	6	7	8	9	10	

8. HOW SUPPORTED DO YOU FEEL RIGHT NOW BY YOUR ENVIRONMENT?

NOT AT ALL										IT'S A SHRINE TO MY GOALS
1	2	3	4	5	6	7	8	9	10	