

Healthy Success Questionnaire

Please answer the following questions. If we include your health success story in an upcoming newsletter, you will receive a \$25 gift certificate to Dunham's.

When completed, fax to 989-652-2559 or mail to:

Whole Wellness Within
160 S. Main St., Suite 9
Frankenmuth, MI 48734

Your Name _____

Please Check: Employee ___ **Spouse** ___

1. What was the most motivating factor in achieving success in your health goal?

- a. My family
- b. My spouse
- c. The work environment
- d. Spiritual support network
- e. Other _____

2. How long did it take to achieve your health goal?

3. What is the nature of your success? (Ex. Quit smoking, started a regular exercise regimen, joined a bible study/other support group, changed my eating habits, etc.)

4. Write down any suggestions for others on a similar path to wellness.

5. Share anything you would like us to know: