



Health Check Questionnaire

Answer each of the questions below. If you find your getting a lot of “no” answers, think about ways you can get to a “yes.” What can you do to stay healthy, be emotional strong and be mentally sharp?

1. Are you getting 7-9 hours of sleep regularly?

2. Do you keep your sugar intake to a minimum?

3. Are you exercising at least 3 times a week?

4. Have you done something fun this week?

5. Do you have someone to talk to and give you support?

6. Have you considered settling recently?

7. Are you surrounding yourself with positive people?

8. Have you talked to others who have separated and divorced?



9. Have you gotten help from a professional (eg. Counsellor or life coach)?

10. What else can you do?
