



Basic Five Assessment & Goal Setting Sheet

Take some time in prayer as you consider the different areas of your life. You can take an honest assessment because our heavenly Father loves us. Let this sheet guide you in love to help you determine the areas where you are being called to grow. You will rate yourself, and the areas that you score lower in are the areas in which you will want to set a SMART Goal. Remember that your rating does not define your worth. Make your goal specific and time-based. Share your goal with an accountability partner for encouragement and support.

HERE ARE THE FIVE BASICS:

Water Intake: half your body weight in oz

Movement: Cardio/ 150-300 mins/ Strength- 3 times a week

Sleep: Proper amount of Sleep - Building to eight hours a night

Nutrition: Picking a diet that works for you and sticking to it

Spirit: Daily with God/ Mindset- This includes stress management, rest, and getting outside

MIND

- 1 - I feel I could do better in this area.
- 2 - I am thinking about growing in this area.
- 3 - I have begun developing a plan for this area of my life.
- 4 - I have begun putting my plan into practice.
- 5 - I am doing awesome in this area.

I spend time each week reading and learning and being open to new ideas	
I have goals and dreams that I keep before my mind regularly.	
I practice gratitude regularly	
I have things in my life that bring me joy	
I can manage my emotional health	
Notes:	

SPIRIT

- 1 - I feel I could do better in this area.
- 2 - I am thinking about growing in this area.
- 3 - I have begun coming up with a plan for this area of my life.
- 4 - I have begun putting my plan into practice.
- 5 - I am doing fantastic in this area. I spend daily time in prayer.

I spend daily time in the word of God.

I spend daily time in worship & praise

I spend daily time in meditation.

I have a Sabbath as a regular part of my routine.

Notes:

NUTRITION

- 1 - I don't even know what I am supposed to eat.
- 2 - I have looked up my daily needs, and I am thinking about how to make this happen.
- 3 - I have created some meals that will help me meet my daily intake needs.
- 4 - I have begun eating in a way that helps me meet my daily intake needs.
- 5 - I meet my daily intake needs in 5 out of 7 days.

I meet my daily requirements for protein.
[Go here](#) to find out your daily protein needs.

I meet my daily requirements for fat grams.
[Go here](#) to find out your daily fat needs.

I meet my daily requirements for carbohydrate grams.
[Go here](#) to find out your daily needs for carbohydrates.

I meet my daily requirements for water intake.
[Go here](#) to find out your water requirements.

I do not exceed 24 -36 grams of sugar daily.

I meet my daily requirements for fiber. (21- 25 grams for women, 30-38 grams.)

Notes:

FITNESS

- 1 - I do not move my body.
- 2 - I think about moving my body.
- 3 - I have come up with a plan and have been successful one time this week.
- 4 - I have come up with a plan and have been successful two times this week.
- 5 - I have come up with a plan and have been successful three times this week.

**For a healthy heart, you want to get at least 150 minutes per week of moderate-intensity aerobic activity, 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) at least twice a week.*

Strength training	
Cardiovascular training	
Flexibility training	
I move my body in ways I enjoy	
Notes:	

SLEEP

- 1 - I feel I could do better in this area.
- 2 - 5-6 out of 7 nights, I do not get to bed on time, nor do I sleep through the night.
- 3 - 3-4 out of 7 nights, I do not get to bed on time nor sleep through the night.
- 4 - 1-2 out of 7 nights, I do not get to bed on time nor sleep through the night.
- 5 - I get 8 hours of sleep per night.

I get enough sleep daily	
Notes:	

What did you learn about yourself?

What area do you find is the best place to start and why is that important to you?

Who will you talk with about this?

What is the next step you will take to move forward?

Create a 2 SMART Goals around what you have learned

MY SMART GOAL:

Specific:

Measurable:

Attainable:

Realistic:

Time -Based::