



## DEEP HEALTH QUESTIONNAIRE

Please check the number that most applies

- 1 HOW IS YOUR ENERGY LEVEL TODAY?**  
EXHAUSTED GREAT!

1 2 3 4 5 6 7 8 9 10
- 2 HOW PAIN-FREE ARE YOU TODAY?**  
TERRIBLY IN PAIN TOTALLY PAIN FREE

1 2 3 4 5 6 7 8 9 10
- 3 HOW RECOVERED DO YOU FEEL TODAY? (HOW MUCH DO YOU FEEL LIKE WORKING OUT?)**  
I'M A WRECK I'M DOING GREAT!

1 2 3 4 5 6 7 8 9 10
- 4 HOW CALM AND FOCUSED ARE YOU TODAY?**  
STRESSED TO THE MAX ABSOLUTELY ZEN

1 2 3 4 5 6 7 8 9 10
- 5 HOW IS YOUR MOOD AND OUTLOOK RIGHT NOW?**  
DARK AND MISERABLE LIFE IS A PARTY!

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 PART OF A BIGGER 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 ENTIRELY

1 2 3 4 5 6 7 8 9 10