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LIFESYLECARECOACH.COM
SATISFACTION SURVERY

Rate each question with a number from 1-10. with 10 being highest and 1 being lowest, that best describes your satisfaction level for each of the comments. There are 10 questions, and your highest score could be 100% on the satisfaction scale. Total you scores at the bottom and see how satisfied you are in relationship to the factors listed. This is only based upon you feelings and has no scientific basis. It is just meant for your reflections and perhaps to influence you in making changes that will make you life healthier and more satisfying.

_____ How satisfied are you with the results of your most recent medical tests?

_____ How satisfied are you with your current weight?

_____ How satisfied are you with your daily stress levels?

_____ How satisfied are you with the amount of sugar you/family eat?

_____ How satisfied are you with the amount of junk food you/family eat?

_____ How satisfied are you with the way you express your emotions?

_____ How satisfied are you that you go to bed at night feeling relaxed?

_____ How satisfied are you that you are a "normal-eater"?

_____ How satisfied are you with the amount of processed food you/family eat?

_____ How satisfied are you with your physical energy level?

_____ % **Total**

What are the two most important things you would change in your lifestyle?

What action(s) would you be willing to make those changes? _____

THANK YOU FOR TAKING THE SURVEY!