

WHOLE PERSON HEALTH SELF-ASSESSMENT

Name: _____
Date: _____

Whole Person Health Index (WPHI)

Rate on a scale of 1-5 (1=Poor, 2=Fair, 3=Good, 4=Very Good, 5=Excellent)



#	Question	Rating
1.	Would you say your health in general is excellent, very good, good, fair, or poor?	
2.	How would you rate your quality of life, focusing on what matters most to you?	
3.	How would you rate your social and family connections?	
4.	In general, how healthy is your overall diet?	
5.	How would you rate your physical activity, compared with people in your age group?	
6.	How would you rate your ability to manage stress?	
7.	How would you rate your sleep?	
8.	How would you rate your ability to find meaning and purpose in your daily life?	
9.	How would you rate your ability to manage your health, focusing on aspects of your health that matter most to you?	

(auto-calculated; recalculates as you rate each item above)

Total WPHI Score:

Source: Whole Person Health Index (WPHI) wording reproduced verbatim from the National Center for Complementary and Integrative Health (NCCIH), "The Whole Person Health Index: A New Tool for Human Mechanistic and Clinical Studies." <https://www.nccih.nih.gov/research/resources/the-whole-person-health-index-a-new-tool-for-human-mechanistic-and-clinical-studies>

1. What matters most to you right now, and what values guide you?

2. What are three strengths or qualities you appreciate in yourself?

- 1.
- 2.
- 3.

3. What things (activities, behaviors, people, etc) help support, restore, or replenish your wellbeing?

4. What feels most stressful or in need of attention right now?