



Start Here

A quick whole-person check-in

How supported does each area feel right now?

Use 1–5, where 1 = needs attention and 5 = feels well supported.



Protect

care + prevention

1–5



Nourish

food + energy

1–5



Move

strength + mobility

1–5



Connect

support + belonging

1–5



Restore

rest + recovery

1–5



Mindset

habits + direction

1–5

One area I want to support this week

What would feel a little better?

My next small step



YOUR VOICE