

# THE DANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

## Essentials Survey

Please use the following scale to rate your current status related to The Daniel Plan Essentials. We'd encourage you to take this survey when you start the program, and at regular intervals as you continue living The Daniel Plan lifestyle.

FAITH	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Relationship with God	1	2	3	4	5
Sense of meaning and purpose in life	1	2	3	4	5
Spiritual practices: prayer, worship, meditation	1	2	3	4	5
Spiritual growth	1	2	3	4	5
Giving to others	1	2	3	4	5
Add up each column and enter your total Faith score:					

<b>FOOD</b>	Never	Rarely	Sometimes	Most of the time	Daily
I eat 7 or more servings of a variety of fruits and vegetables daily	1	2	3	4	5
I eat lean protein with every meal	1	2	3	4	5
I drink 1/2 my body weight in ounces each day	1	2	3	4	5
I choose healthy fats	1	2	3	4	5
I eat a healthy, nutritious breakfast	1	2	3	4	5
Add up each column and enter your total Food score:					

<b>FITNESS</b>	HOW I FEEL ABOUT:	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
My body (appearance/weight)		1	2	3	4	5
My cardiovascular endurance		1	2	3	4	5
My strength		1	2	3	4	5
My flexibility		1	2	3	4	5
My health		1	2	3	4	5
Add up each column and enter your total Fitness score:						

<b>FOCUS</b>	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Positive mental attitude	1	2	3	4	5
Achievement of personal goals	1	2	3	4	5
Peace of mind	1	2	3	4	5
Gratitude and thankfulness	1	2	3	4	5
Ability to handle mistakes or failures	1	2	3	4	5
Add up each column and enter your total Focus score:					

<b>FRIENDS</b>	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Relationship with my significant other	1	2	3	4	5
Relationships with my family	1	2	3	4	5
Relationship with my friends	1	2	3	4	5
Relationship with others (coworkers or neighbors)	1	2	3	4	5
My communication skills	1	2	3	4	5
Add up each column and enter your total Friends score:					

## Daniel Plan Essentials Survey Results:

Congratulations! Now that you have completed your Daniel Plan Essentials survey, transfer your scores for each area of wellness (Faith, Food, Fitness, Focus and Friends) in the table below in the “My score” column. Next, read the guidance below to get a better understanding of what your scores mean and how to decide which Essentials you will concentrate on as you begin or continue with your program.

DAY 1		DAY 40	
MY SCORE		MY SCORE	
FAITH		FAITH	
FOOD		FOOD	
FITNESS		FITNESS	
FRIENDS		FRIENDS	
FOCUS		FOCUS	

### YOUR SCORE:

**Score of 20-25:** Well done! If you scored between 20-25 points for a particular Daniel Plan Essential, your answers demonstrate you are aware of the importance of this area to your personal wellness and have developed the habits to rate it so highly.

**Scores of 15-20:** If you scored between 15-20 in one or more of the Daniel Plan Essentials, your health and wellness practices are doing well, but you may have room for some improvement. Identify the areas you are dissatisfied with and begin to review tips and strategies in The Daniel Plan, The Daniel Plan DVD Study and Study Guide, and companion tools to help improve your score the next time you take this survey.

**Scores of 10-15:** If you scored between 10-15 in one or more of The Daniel Plan Essentials, this may be an ideal area to focus your attention on and set specific goals.

**Scores below 5-10:** If you scored below 10 in one or more of The Daniel Plan Essentials, it's time to make some changes. Identify all of the areas where you scored yourself with a 1 or a 2 and consider concentrating your efforts here.

Now that you have your scores in hand, you may want to focus on one or two Essentials, or maybe all five. Remember this is YOUR journey. We all have different starting points, so stay focused on what you want to achieve. It's great to check in with friends to get ideas, but don't get sidetracked by comparing yourself to others. What's most important is that YOU are taking small steps in the right direction.