

Personal Health Inventory

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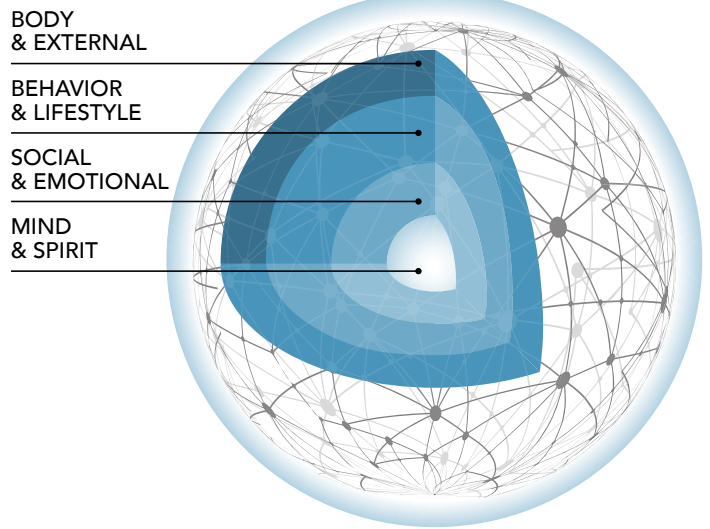


Complete your personal health inventory before your integrative oncology visit. We'll use this to discuss how you can enhance your health and well-being during and after treatment of the cancer.

Use this circle to help you think about your whole health.

All areas are important and connected to your ability to heal and be healthy.

- The outer ring addresses what your home and work are like and how you feel physically.
- The next ring addresses everyday choices on self-care and lifestyle.
- The social and emotional ring looks at your relationships and social support.
- The inner ring addresses **what matters** to you most and brings you joy and meaning in life.



Below is a list of statements that other people with your illness have said are important. Please circle or mark one number per line to indicate your response as it applies to the PAST 7 DAYS.

		Not At All	A Little Bit	Somewhat	Quite A Bit	Very Much
GP1	I have a lack of energy	0	1	2	3	4
GP4	I have pain	0	1	2	3	4
GP2	I have nausea	0	1	2	3	4
GE6	I worry that my condition will get worse	0	1	2	3	4
GF5	I am sleeping well	0	1	2	3	4
GF3	I am able to enjoy life	0	1	2	3	4
GF7	I am content with the quality of my life right now	0	1	2	3	4

What do you live for? What is most important for you in your life? What brings you joy?

Write a few words to capture your thoughts:

What do I need to know about you as a person to give you the best care possible?

Where You are Now

Write in a number between 1 (poor) and 5 (excellent) that best represents where you are now. Then please mark up to three items you would like to work on.

Area of Whole Health	Where I am now (1-5)	Pick up to three items
BODY & EXTERNAL		
Feeling safe: Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.		
BEHAVIOR & LIFESTYLE		
Moving: Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.		
Sleep: Getting enough rest, relaxation, and sleep.		
Food: Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.		
Stress Management: Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.		
SOCIAL & EMOTIONAL		
Social Support: Feeling listened to and connected to people you love and care about. The quality of your relationships with family, friends and people you work with.		
Paying for Basics: Quality and availability of food, housing, utilities, and transportation.		
MIND & SPIRIT		
Purpose: Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.		
Learning and Growing: Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.		