



# ELEVATION PERFORMANCE

## Elevate Diagnostic



### Think

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- i. Do you have a written set of short and long goals? [ ] Yes
- ii. Do you review your goals to ensure you remain on track? [ ] Yes
- iii. Do you have a budget or financial plan? [ ] Yes
- iv. Do you have a positive outlook even when times get tough? [ ] Yes

Your Think Score: [   / 4 ]



### Move

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- i. Do you to have a good fitness base? [ ] Yes
- ii. Do you get 30 minutes of physical activity daily? [ ] Yes
- iii. Are you free of back, neck, shoulder or knee pain? [ ] Yes
- iv. Are you at your ideal weight and body fat percentage? [ ] Yes

Your Move Score: [   / 4 ]



### Fuel

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- i. Do you have a healthy eating plan designed especially for you? [ ] Yes
- ii. Do you drink at least 2 litres of water per day? [ ] Yes
- iii. Do you understand the roles protein, carbohydrates, fat, fibre, vitamins and minerals play? [ ] Yes
- iv. Do you eat fresh fruit and vegetables daily? [ ] Yes

Your Move Score: [   / 4 ]

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## Repair

- i. Do you consider your immune system to be strong? [ ☐ ] Yes
- ii. Do you get to bed by 10:30pm? [ ☐ ] Yes
- iii. Do you get 8 hours sleep per night? [ ☐ ] Yes
- iv. Could you survive without coffee, caffeine or energy drinks? [ ☐ ] Yes

Your Repair Score: [   / 4 ]



## Relax

- i. Do you have methods for dealing with stress? [ ☐ ] Yes
- ii. Do you know the signs and signals of fatigue and burnout? [ ☐ ] Yes
- iii. Do you have planned holidays and mini breaks locked into your calendar? [ ☐ ] Yes
- iv. Do you practise Yoga, Tai chi, stretching or breathing exercises regularly? [ ☐ ] Yes

Your Repair Score: [   / 4 ]



## Productivity

- i. Are you as productive as you could be? [ ☐ ] Yes
- ii. Do you plan your week in advance and set aside time to work on specific tasks? [ ☐ ] Yes
- iii. Is your desk or office clean and organised? [ ☐ ] Yes
- iv. Are computer files and hardcopy documents stored in a manner that is easy to find? [ ☐ ] Yes

Your Productivity Score: [   / 4 ]



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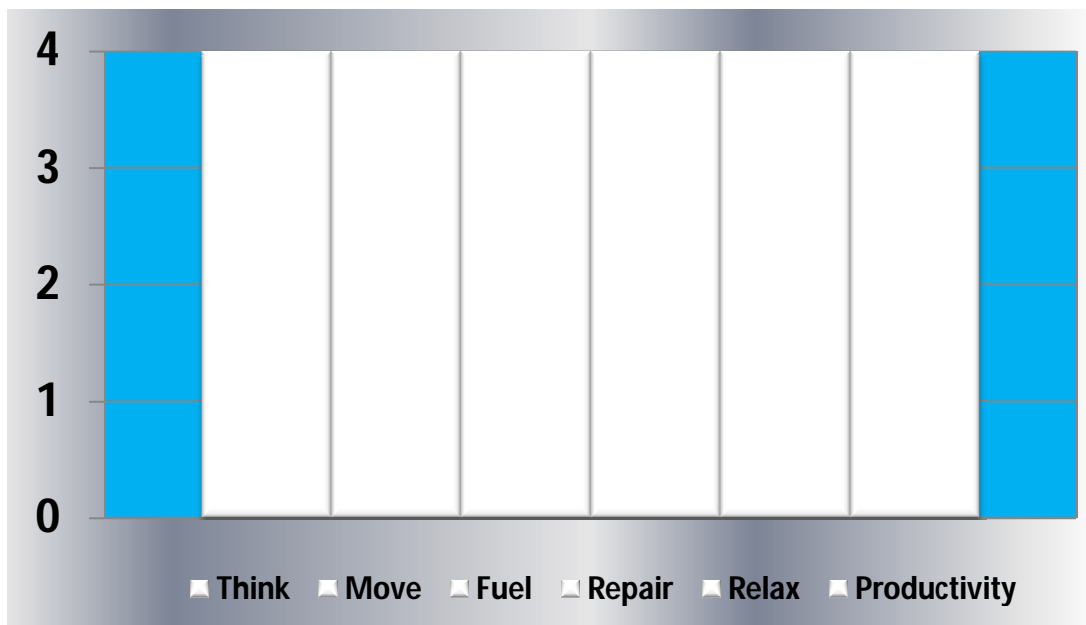
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# ELEVATION PERFORMANCE

## How did you score?



### How did you score? Where do we start?

0 – 6 You are probably not feeling tired, rundown, stressed out and underperforming.

Action Plan: It is time to start putting yourself first. Take a good look at your diet and consider being metabolically typed and look at doing some light exercise.

6 – 12 You are on the way, but things could be better. You still get stressed and find you easily go off the rails. Weight and bodyfat fluctuate, as do moods and motivation.

Action Plan: It's time to step up, set your goals, some Health Coaching sessions to help you focus and stay on track.

12 -18 Things are falling into place nicely. But you still have a few areas you can improve upon.

Action Plan: A Health Coaching 8-week boost will get all firing on all cylinders, maybe some Personal Training.

18 – 24 Awesome, things are going really well. Some small tweaks maybe some timeouts, a new training regime and you're there.

Action Plan: What is missing? Do you need to back it off with yoga or Pilates? Or push it with some Personal Training or maybe a group training sessions. Do we need to tweak our nutrition?

*Life is competitive. We constantly face challenges and the bar always seems to get higher. To reach the bar we need to step up, we need to elevate our performance. When you choose to step up there are several different paths you can take. The elevator takes you fast and direct or the stairs take you slowly but surely. The path to the top is not always smooth, and there may also be times where you move backwards. That's ok because sometimes we have to move backwards to go forwards. It's time. Step up elevate your performance strive for success. – Anthony Pierobon*

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