

90 - Day Transformation Self Evaluation

Before evaluation

Rate yourself # 1- 10 --> 1 Being lowest

Where are you Mentally?

Before score

After score

BEFORE	Score
Personal growth	
Spiritual	
Family	
Friends	
Read	
Fun time	
Learn something new	
Total	

AFTER	Score
Personal growth	
Spiritual	
Family	
Friends	
Read	
Fun time	
Learn Something new	
Total	

Before evaluation

Rate yourself # 1- 10 --> 1 Being lowest

Where are you Physically ?

Before score

After score

BEFORE	Score
Workout	
Health and wellness	
Food Intake	
Group activities	
Outdoor activities	
Try something new	
Learn sometng new	
Total	

AFTER	Score
Workout	
Health and wellness	
Food intake	
Group activities	
Outdoor activities	
Try something new	
Learn something new	
Total	

Before evaluation

Rate yourself # 1- 10 --> 1 Being lowest

Where are you Financially?

Before score

After score

BEFORE	Score
Debt	
Savings	
Goals	
Commitment	
Time	
Growing your business	
Books and motivational videos	
Total	

AFTER	Score
Debt	
Savings	
Goals	
Commitment	
Time	
Growing your business	
Books and motivational videos	
Total	