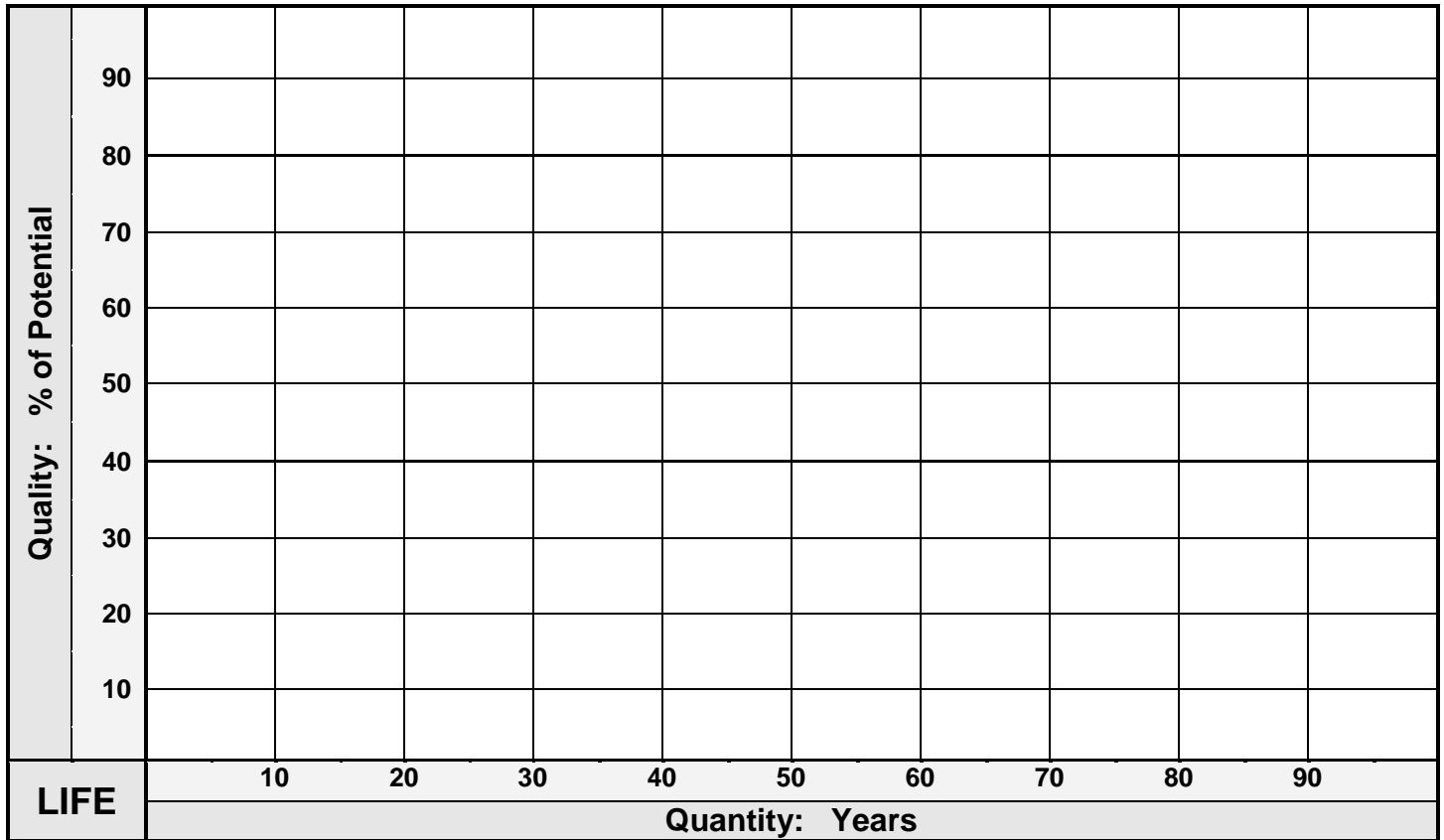


Name

Achieving Optimal Health

Date

The OptiHealth Model – Your Present, Your Past, and Your Futures



1. Your Present Position - using a black ink pen:

Mark your current age along the Quantity scale. Mark your current health status along the Quality scale. Place a “•” where these two marks would intersect in the LIFE graph area.

2. Your Past Life Course - using a black ink pen:

Plot your Health Status at 5 year increments going backwards to your birth with •’s. Then, connect the dots.

3. Your Future Life Courses

A. Your Probable Future Life Course - using a red ink pen:

If you were to continue your current lifestyle, plot your probable health status at 5 year increments going forward to your probable age at death with •’s. Then, connect the dots.

B. Your Potential Future Life Course- using a blue ink pen:

If you were to develop a healthier lifestyle, plot your potential health status at 5 year increments going forward to your potential age at death with •’s. Then, connect the dots.

Considering your options for your Future Life Course, (as you depicted them on the graph above), **which option would you choose? ___ Future A or ___ Future B Why? Explain below:**
