

**Supporting Your Wellness
with the FSTEP**

What was your F.S.T.E.P today?

F	S	T	E	P
Food	Sleep	Treatment	Exercise	Perspective
Average Overall			0.0	

Rating	Definition	Quality
5	Over the Moon	Vital
4	Excellent	Important
3	Pretty Good	Useful
2	Lame	Ineffective
1	Slug	Undermining

At the end of each day, on a scale of 1-5 points, rate your FSTEP toward your wellness fund.

Max 25 points possible per day

Week 1

#	Date	F	S	T	E	P	Score	Weekly Average
1								0.0
2								
3								
4								
5								
6								
7								

Week 2

#	Date	F	S	T	E	P	Score	Weekly Average
1								0.0
2								
3								
4								
5								
6								
7								

Week 3

#	Date	F	S	T	E	P	Score	Weekly Average
1								0.0
2								
3								
4								
5								
6								
7								



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Week 4

#	Date	F	S	T	E	P	Score	Weekly Average
1								0.0
2								
3								
4								
5								
6								
7								

Week 5

#	Date	F	S	T	E	P	Score	Weekly Average
1								0.0
2								
3								
4								
5								
6								
7								

Week 6

#	Date	F	S	T	E	P	Score	Weekly Average
1								0.0
2								
3								
4								
5								
6								
7								

Week 7

#	Date	F	S	T	E	P	Score	Weekly Average
1								0.0
2								
3								
4								
5								
6								
7								

