



OMNIA HEALTH

Personalized Lifestyle & Functional Medicine

The WHY of WELLNESS

You have chosen Omnia Health as your partner in your health. Functional medicine is the medicine of the 21st century and it focuses on “WHY.” Why do you have this chronic illness or condition? Why is your system out of balance and, once we know this, how can we restore function in your body? We also want to help you discover WHY you are choosing your health, and why you may have not succeeded in the past.

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth. It’s a state of complete physical, mental and social wellbeing and not merely the absence of disease.

In your original consent form with Omnia, you committed to changing your lifestyle to support your health. It is important to us to be able to set you up for success on this journey and help you understand your WHY of WELLNESS. Below is a list of questions to help you get clear on this process so we can support you.

This will be referenced throughout your entire Omnia protocol including visits with every team member.

On a scale from 1-10 where would you rate yourself –
1 being very displeased/ 10 being very pleased:

Physical Health

Movement (exercise, body movement)

Nutritional Health (relationship with food)

Emotional Health

Life’s Purpose

Spiritual Health

Social Health

Career Health

Family Health

Relationship Health

Sexual Health

Self Care/ Self Prioritization

1. Given your responses above, what are your main health goals?
2. Why do you want that?
3. How you feel when you get to this level of health?
4. Why haven't you gotten there before?
5. What have you tried?
6. Why did that fail?
7. What are your pitfalls that keep you from getting to this health?
8. What are things you prioritize over your health?
9. What are your triggers that hijack you? (IE are you hungry, angry, tired, lonely so you eat emotionally?)
10. What can you do to avoid these triggers?
11. What is your contingency plan if you do find yourself off track or in a pitfall?
Give a step by step process you will follow
12. What steps will you take every day to achieve these health goals?
13. How will you gauge your success?
14. How often will you check in on your goal status?
15. How are you motivated – towards or avoidance?

GOALS TIMELINE:

Where will you see yourself in 5 years?

Where will you see yourself in 2 years?

Where will you see yourself in 1 year?

Where will you see yourself in 6 months?

Where will you see yourself in 3 months?

Where will you see yourself next month?

Where will you see yourself next week?