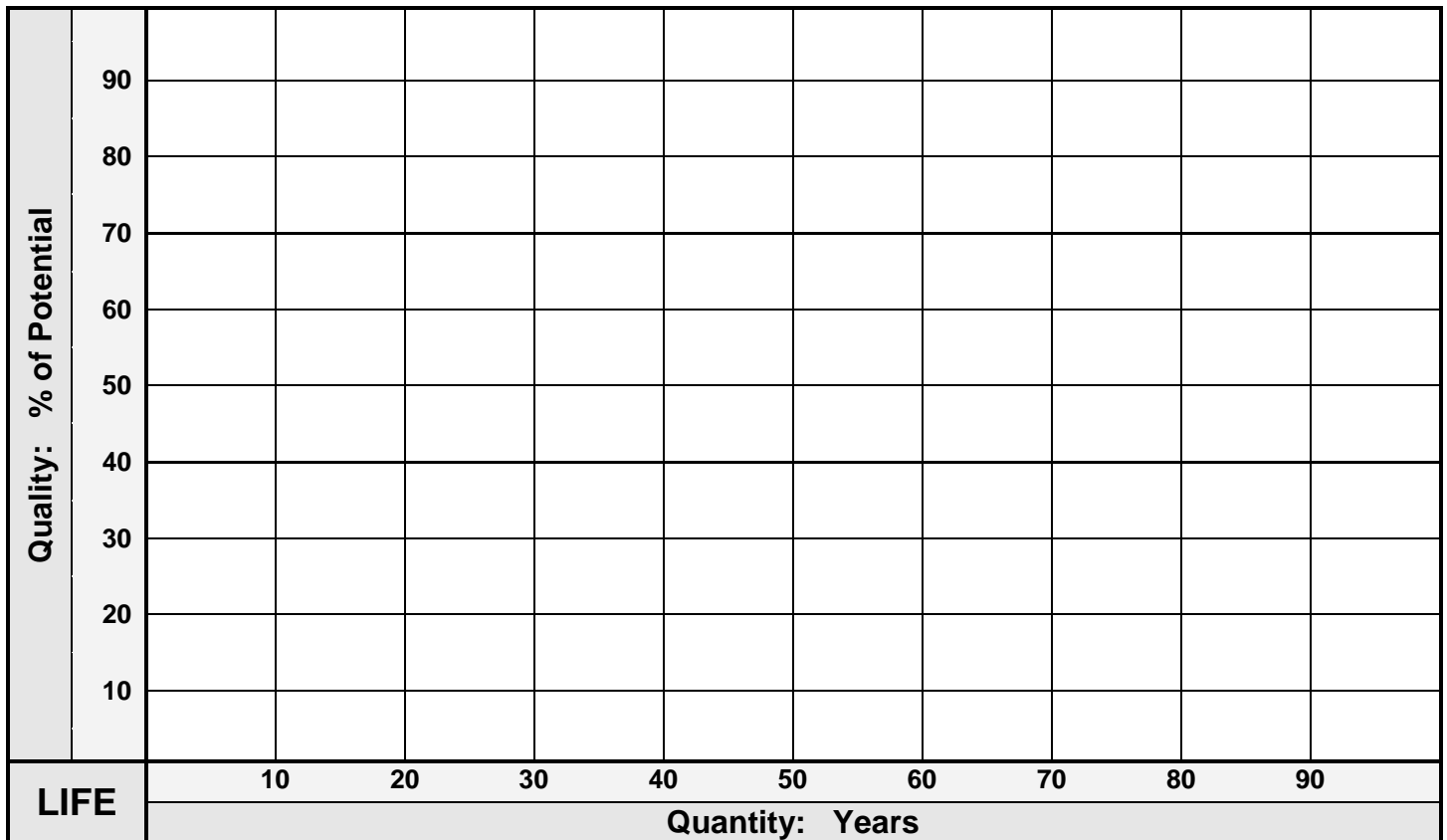


Name

Achieving Optimal Health

Date

Exercise A: 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. Then, **connect the dots**.

3. 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. Then, **connect the dots**.

4. 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. Then, **connect the dots**.

Q: 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:**
