



4D FitSM Work(out)sheet: Mental Fitness Assessment

1. Complete the **Mental Fitness Assessment** to establish a baseline for tracking your progress. (ACTION: Fill and save as digital file or _____, complete, and scan separately.)
2. Reference the grid below to calculate your **average score** for each Level.
3. Note your **highest and lowest scored item(s)** to improve and/or maintain.
4. Refer to the **Mental Fitness Fun-D-Mentals** and **S.E.N.C. Inventory** work(out)sheets provided in the [4D Fit Mental Fitness training program](#) to identify mental fitness practices most appropriate for YOUR needs, abilities, and goals.

ASSESSMENT SCORE CARD

Levels of Fitness	Average Score	Lowest / Improve	Highest / Maintain
1: Balance	TOTAL / 10 = _____		
2: Flexibility	TOTAL / 10 = _____		
3: Rest & Recovery	TOTAL / 10 = _____		
4: Strength & Endurance	TOTAL / 10 = _____		

* The 4D Fit Mental Fitness Assessment is **not a diagnostic tool** and may only be used for awareness purposes.

Date: _____ How are you feeling today? Great OK Rough Completed by: Self Observer

On a scale from 1 (disagree) to 10 (agree)...		1	2	3	4	5	6	7	8	9	10
Balance	I am aware that my feelings are my own.	1	2	3	4	5	6	7	8	9	10
	I am aware of my thought patterns.	1	2	3	4	5	6	7	8	9	10
	I generally don't worry.	1	2	3	4	5	6	7	8	9	10
	I feel valued and appreciated.	1	2	3	4	5	6	7	8	9	10
	I can achieve my goals.	1	2	3	4	5	6	7	8	9	10
	I deserve to feel my best to do my best.	1	2	3	4	5	6	7	8	9	10
	I can empathize with healthful boundaries.	1	2	3	4	5	6	7	8	9	10
	I feel centered and focused.	1	2	3	4	5	6	7	8	9	10
	I feel safe and secure.	1	2	3	4	5	6	7	8	9	10
	I love and accept myself.	1	2	3	4	5	6	7	8	9	10
Flexibility	I am able to forgive myself.	1	2	3	4	5	6	7	8	9	10
	I am able to forgive others.	1	2	3	4	5	6	7	8	9	10
	I am comfortable with being successful.	1	2	3	4	5	6	7	8	9	10
	I feel others want me to succeed.	1	2	3	4	5	6	7	8	9	10
	I am creative and realize creativity is important.	1	2	3	4	5	6	7	8	9	10
	I think about how change can benefit me.	1	2	3	4	5	6	7	8	9	10
	I'm not afraid to fail, and can learn from mistakes.	1	2	3	4	5	6	7	8	9	10
	I am responsible for my own happiness.	1	2	3	4	5	6	7	8	9	10
	I understand and can process my feelings.	1	2	3	4	5	6	7	8	9	10
	When I'm upset, I can calm myself down.	1	2	3	4	5	6	7	8	9	10
Rest & Recovery	I focus on breathing and understand the benefits.	1	2	3	4	5	6	7	8	9	10
	I am grateful for my life and what I have.	1	2	3	4	5	6	7	8	9	10
	I appreciate others.	1	2	3	4	5	6	7	8	9	10
	I believe people are mostly good.	1	2	3	4	5	6	7	8	9	10
	I drink enough water to stay hydrated.	1	2	3	4	5	6	7	8	9	10
	I eat well enough to nourish my body.	1	2	3	4	5	6	7	8	9	10
	I can disconnect without fear of missing out.	1	2	3	4	5	6	7	8	9	10
	I seek healthful and helpful influences.	1	2	3	4	5	6	7	8	9	10
	I limit alcohol and caffeine.	1	2	3	4	5	6	7	8	9	10
	I feel rested and usually get enough sleep.	1	2	3	4	5	6	7	8	9	10
Strength & Endurance	I know how to motivate myself.	1	2	3	4	5	6	7	8	9	10
	I can say "no" without feeling guilty.	1	2	3	4	5	6	7	8	9	10
	I enjoy helping others.	1	2	3	4	5	6	7	8	9	10
	I can clear my mind of limiting thoughts.	1	2	3	4	5	6	7	8	9	10
	I do not perceive others as enemies or obstacles.	1	2	3	4	5	6	7	8	9	10
	I feel comfortable asking for help.	1	2	3	4	5	6	7	8	9	10
	I feel comfortable seeking mental health services.	1	2	3	4	5	6	7	8	9	10
	I feel in control of my life and choices.	1	2	3	4	5	6	7	8	9	10
	I enjoy exercise and how it makes me feel.	1	2	3	4	5	6	7	8	9	10
	I share and express my feelings in healthful ways.	1	2	3	4	5	6	7	8	9	10