WOMEN OVER 50 EXERCISE AND COACHING

Assessment scoring

SCORING:

**225 to 280** – You are at a point in your life when you are ready to fulfill your dreams and work hard to obtain them. You have realized getting help from a coach is imperative to help you be accountable and reach those expectations and are ready to invest effort, energy, and focus to reach a new you. Working with a professional coach will result in a profitable endeavor. You are in the “I am” stage for wellness coaching- getting ready for action!

**169 to 224** – You are contemplating making changes and in preparation to do so. Coaching is not only an investment in resources but in time and effort. You have tried to make changes in your wellness story, but have hit a road block realizing you need help to reach those goals. You have made a clear decision to hire a coach and are a bit hesitant at times, but your desire to “not stay the same” is pushing you to go all the way. You will benefit from a coach because you know this time you need to do this. You are in the contemplation and preparation stage. Remember a habit takes 3 months to be developed, but it will change your life.

**113 to 168-** You are in the pre-contemplation stage and at often times feel you can’t commit right now. This does not mean you will not be ready in the near future to commit to an exercise program or a coach. Presently you are thinking about it. The first step in making a change is thinking about it.

**56 to 112**- This may not be the right time. You may be dealing with a lot of past issues or pressure. This does not mean you will not be ready to make changes in the near future. Keep reading and finding out about people who are succeeding in exercising and coaching. You time will come.