









Lifestyle Habits

 Client 1	 Client 2
<p>Name: Margaret Age: 40 Goal: To build better physical health and shift unhealthy habits.</p> <ul style="list-style-type: none"> • Early riser. • Drinks 2 litres of water per day. • Isn't very active at work - has a desk job from 9 am - 5 pm. • Often forgets to pack her lunch and buys fast food from the shops near her office. • Doesn't sleep well - stays up late watching Netflix. • Enjoys nature and loves walking her dog on the weekend and after work. • Keeps a gratitude journal but often forgets to write in it. • Her children have afterschool sport 3 days a week and will often order take-out for dinner if they are home later than planned. 	<p>Name: Dale Age: 17 Goal: To compete in the next Olympics for 50m freestyle. Other: Currently recovering from a shoulder injury impacting training.</p> <ul style="list-style-type: none"> • Trains 6 days a week. • Follows a strict meal plan for nutrition and physique management. • High levels of stress and pressure. • Wakes up at 4 am to train. • Has trouble getting to sleep at night. • Currently in Year 12, and can sometimes struggle to keep up with school work. • He is good at setting boundaries with friends; however, rarely attends any social events. • Recently developed the habit of reaching for energy drinks when tired in the afternoon.
 Client 3	 Client 4
<p>Name: Wilma Age: 70 Goal: To maintain a fit and healthy lifestyle to live a long life and have enough energy to keep up with her grandchildren. Other: She still lives independently by herself and has been very physically active her whole life. Lives on a pension.</p> <ul style="list-style-type: none"> • Drinks 4 cups of coffee a day. • Attends water aerobics twice a week. • Has three grandchildren aged 2, 4 and 6, who she babysits sometimes. • Goes to bed at 9 pm each night and sleeps for 9-10 hours. • Would like to develop habits of practising mindfulness and gratitude. • She is starting to feel tight in her hips and shoulders and takes anti-inflammatories for arthritis. • Gets tired quite easily. • Doesn't have a large appetite and often skips breakfast. 	<p>Name: Poppy Age: 30 Goal: To complete the Kokoda track in 6 months time. Other: Recovering from a broken ankle, has completed all physiotherapy requirements and still wears a brace at times.</p> <ul style="list-style-type: none"> • Currently trains once per week with a 20 kg backpack walking 10 kms. • Sleeps 8 hours each night. • Relies on quick energy food like lollies for energy throughout the day. • Often feels like a nap at 4 pm. • Works in an active job - easily reached 10,000 steps each day. • Has the goal to attend the gym more and build more strength in her ankle before the Kokoda trip. • Lives with housemates and can be easily influenced by their food choices for dinner and on the weekend.

Lifestyle Habits

Client	Factors Within Control	Factors Outside of Control
 1		
 2		
 3		
 4		