**Social Prescribing questionnaire – pre-activity**

**Part 1: Your current sense of health and wellbeing:**

From a scale of 0-10 (0 being completely unsatisfied, 5 feeling indifferent and 10 being completely satisfied) how satisfied are you with……

|  |  |
| --- | --- |
| Your physical health |  |
| Your mental health |  |
| Your personal relationships? |  |
| What you are achieving in life? |  |
| Feeling part of community? |  |

**Part 2: Your goals**

|  |  |
| --- | --- |
| **Activity** |  |
| **Goals** (what you are hoping you will get out of doing this activity). You do not have to have a goal in each area. | |
| Physical Health | Goal/hope to achieve | |
|  | |
| Mental Health | Goal/hope to achieve | |
|  | |
| Social and Community Connections | Goal/hope to achieve | |
|  | |
| Return to work or training | Goal/hope to achieve | |
|  | |
| Home Life | Goal/hope to achieve | |
|  | |
| Other | Goal/hope to achieve | |
|  | |