**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 |
|  |