

Catalyst[®] Baseline Survey

NAME: _____ SEX: _____ TODAY'S DATE: _____
ADDRESS: _____ CITY, STATE, & ZIP: _____
PHONE: _____ CELL PHONE: _____
BIRTH DATE: _____ E-MAIL: _____
OBJECTIVE _____ FOR _____ RECEIVING _____
CARE: _____

***This baseline survey helps us keep track of your quality of life.
How true or false is each of the following statements for you?
Circle the "ONE" best answer to each question:***

1. I have peace in my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
2. I am enthusiastic about life.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
3. I am a confident person.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
4. I enjoy life.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
5. My awareness is keen.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
6. I move with ease.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
7. I am energetic.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
8. I have peace of mind.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
9. My body releases its tension.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
10. I know what my body needs in relationship to water and dietary intake.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
11. I follow the guidance of my body in relationship to activity, relaxation, and sleep.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
12. I am optimistic about the future.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

13. I have a relaxed feeling within my being.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
14. Challenges I face do not last long.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
15. My body is flexible.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
16. I experience gratitude often.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
17. I meet challenging times with peace.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
18. I am often centered.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
19. I am focused and complete tasks.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
20. I am comfortable in expressing myself.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
21. I am loving toward others.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
22. I am aware.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
23. I face my challenges.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
24. I show respect for various perspectives.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
25. I deal with friends and family well.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
26. I am connected to my deeper feelings and beliefs.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
27. I am in touch with my distinct rhythms.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
28. I interpret life and my life's experiences favorably.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
29. I am in touch with my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
30. My overall quality of life is.
(Excellent / Better Than Average / Average / Worse Than Average / Poor)