



WELCOME TO THE HIVE



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www.HiveFiveWellness.com

WELCOME WELLNESS WORKBOOK



"The world of health, fitness, and wellness is filled with conflicting information and confusing sound bytes that can lead anyone to feeling overwhelmed, undeserving, and uninspired.

No one needs to feel like that, so, I set out on a mission to help get you started on your path towards uncovering a stronger, healthier, and better you!"

Max Akulin

Founder, Hive Five Wellness



INTRODUCTION

We spend so much time day in and day out worrying about whether we fit in, if we are loved, how we look, what it will take to impress someone, and often forget to check in with ourselves by asking a simple question:

"Am I doing better than I was last year?"

This question begs you to answer two questions honestly:

Where are you now? and;

Where were you a year ago?

In the pages that follow, you'll find many opportunities to check in with your health, your fitness, and your wellness because I believe acknowledgment is the key.

We will be focused on exploring the tools, resources, and most importantly, a working vocabulary which will help nurture your developing awareness of the life you want to lead. We will work together to ensure these are used in your daily life making this a highly customized and tailored experience.

I invite you to take this opportunity to give a big self high-five for having the courage to engage in deep and meaningful work. You're about to take your next steps on your wellness journey and I am so glad to be present with you.

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THREE WORDS

Remember this as you begin to walk the path:

TAKE,
YOUR,
TIME.

"You've made this day a special day by your just being you. There is no person in this whole world like you, and I like you just the way you are."

FRED ROGERS

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YOUR HEALTH

...in five questions...

How do you feel right now?

Describe your current diet. Please also include a top-five list of your go-to meals or foods and how often you eat them.

Describe your environment (i.e. air & water, sunlight, pollution, safety & security.)

How does sleep make you feel?

What physical activity fills you with the most joy?

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HEY.

Don't forget to...

BREATHE.

"Many of us are limited by what we have but don't use."

BOB GOFF

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YOUR FITNESS

...in five questions...

On a scale of 1 to 10,
how stressed are you right now?

List all the significant injuries you've had.

Describe the quality of your inhaled and exhaled (i.e. short, long, deep, shallow, erratic, steady, silent, loud, or something else entirely).

How often throughout a typical day do you slouch?

Use as many words as you can to describe how your feet feel when standing.



DID YOU KNOW?

**YOU'RE DOING
GREAT!**

"I closed my eyes to look inward
and found a universe waiting to
be explored."

DIEGO PEREZ

Pen Name: Yung Pueblo

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YOUR WELLNESS

...in five questions...

How often have you felt under the weather this year?

What physical activity would you like to be able to do which you cannot do now?

How much time do you spend at:

- Home
- Work
- Play

Where do you experience freedom or restriction in your life?

List three words which amp you up.

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AND NOW...

for the most important act today

**SELF
HIGH
FIVE**

"There is a moment when you realize the work you've done - the growth you've earned - has opened doors you never even knew existed, beyond the doors you never thought would open, to a life you now get to create **ON YOUR TERMS.**

MAX AKULIN
Your Lifestyle Architect



YOU'RE INVITED!

If you found these questions thought provoking and helpful, then you will find my style of personal training to be as well!

There are two QR codes:
Scan the code to the right to schedule a call with me and we'll dive deep to figure out your motivations, history, and goals.

LET'S



TALK

BOOK



HERE

You might already know you want personal training. That's great!
Scan the code to the left to schedule your first session.

Alternatively, you could also visit:

[www.HiveFiveWellness.com
/Booking](http://www.HiveFiveWellness.com/Booking)



WELCOME YOUR WELLNESS



Friends and colleagues have asked me
“what one thing can I do to be
healthier, stronger, or more resilient?”

YOU'VE ALREADY DONE IT.
YOU SHOWED UP.
YOU DID IT FOR YOU.

Now keep showing up,
because you're worth it.

Max Akulin

Founder, Hive Five Wellness

