

Your life map...

Here is an example map for you to look at. There is no right or wrong way to fill in a Life Map. You can put as much or as little information in as you want, it's totally up to you. You can write on it, draw pictures on it or just fill it in however suits you best. This will assist our Health Trainers to work out how they can best support you it's really useful for them to get a sense of who you are and where you are in your life right now.

Hopes for the future...

This is to help you Health Trainers understand where you want to get to and what matters most in your life.

Some more money
More patience with the kids
A holiday!

My Accomplishments...

List all accomplishments, even if you think they are not important. They make you who you are.

Won a prize at primary school
Passed my driving test (4th attempt)
Did all the decorating in my house
Staying sane with 3 kids under 5!
Looked after my mum when she was ill

Life Events...

If it was an important event for you and you're happy to share it, then that's all that matters.

Got a dog!
My friend moved away
Had 1st child - A boy!
Ended up in hospital - was really ill
My Grandma died
Got married!
2nd child - A boy!
3rd and 4th children - 2 boys!
Came to this service

Growing up

Back In The Day

Now

The Future

Hull Health Trainer Service

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Contact us

'My Story'

Hull Health Trainer Service

Life Map

This is your life map...

Please fill this in before you're appointment and bring it with you. If you're struggling to think of things to add don't worry you can chat this through with your Health Trainer when you meet them. Or give us a call.

Hopes for the future...

My Accomplishments...

Life Events...

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