

# Wellness Assessment Request

Date: [Insert Date]

To: [Recipient's Name]

From: [Your Name]

Subject: Request for Tailored Wellness Assessment

Dear [Recipient's Name],

I hope this message finds you well. I am writing to formally request a tailored wellness assessment for myself/[specific individual] to identify areas of improvement and to create a customized wellness plan. Given the importance of physical and mental well-being, I believe this assessment will provide valuable insights.

Our goal is to focus on the following aspects:

- Physical health and fitness levels
- Nutritional habits
- Mental and emotional well-being
- Stress management techniques

Could you please provide me with available dates and times for the assessment? I am eager to work together to enhance my overall wellness.

Thank you for considering my request. I look forward to your response.

Sincerely,

[Your Name]

[Your Contact Information]