

	S. Sleep	E. exercise	L. Light	F. fun	I. interaction	E. eating well
9-10 best	I get 7+ hours of sleep consistently 7 nights a week	I exercise 60 minutes 6-7 days a week	I get at least 10 minutes of direct sunlight 7 days a week	I regularly belly laugh 6-7 days a week	I have many friends I trust & rely on. I regularly contribute to the community	6-7 dinners are balanced - I make constant effort for good nutrition
7-8 better	I get 7+ hours of sleep 5-6 nights a week	I exercise 60 minutes 4-5 days a week	I get 5-10 minutes of direct sunlight 5-6 days a week	I often get in a good belly laugh 3-5 days a week	I have at least 1 friend I can trust and rely on & I feel part of my community	I sometimes falter but have 4-5 balanced dinners a week
5-6 good	I get 7+ hours of sleep 3-4 nights a week	I exercise 60 minutes 2-3 days a week	I get 5-10 minutes of sunlight 3-4 days a week	I laugh most days of the week even if not a good belly laugh	I feel somewhat connected to friends/community	I eat out a lot but try to be health occasionally
3-4 okay	I get 7+ hours of sleep 1-2 nights a week	I exercise 1-3 days per week, but less than 60 minutes per day	I get 5-10 minutes of sunlight 1-2 days per week	I laugh sometimes - 1-2 days per week	I socialize on occasion - feel a little connected	I eat a lot of processed foods
1-2 poor	I don't sleep	I don't exercise ... like ever	I am a vampire, I don't do sunlight	I have absolutely no sense of humor and haven't laughed in a long time	I don't like people and avoid them at all costs	My diet consists mainly of chocolate
Totals Current/ goal						