



LIFESTYLE/WELLNESS ASSESSMENT

The purpose is to analyze current health factors that can affect your optimum health and provide recommendations to help you realize your full potential. Not a medical assessment of your health, nor a diagnosis of any disease or condition. It is not intended as a substitute for medical treatment.

Instructions: Score yourself for each question, scale from 0 to 4 (see scoring chart below)

Core Vigor and Vitality

- I eat a well-balanced diet each day that includes complex carbs, quality protein, healthy fat
- My daily diet provides adequate micronutrients (vitamins, antioxidants, minerals, etc) to support optimal health and vigor
- I eat 2 or more servings of cold-water, oily fish (salmon, mackerel, sardines, etc.) each week
- I keep myself optimally hydrated by drinking half my body weight in ounces of pure water each day (i.e. 150 pound person = 75 ounces of water)
- I live each day free from seasonal allergies (hay fever) and food allergies
- I have a healthy immune system and don't get sick
- I don't take prescription medications for relief of symptoms
- I consciously avoid or minimize my exposure to harmful chemicals in my environment, home, and office
- I understand that I am primarily in charge of my health

Mind and Emotion

- My relationships and behaviors are maintained in a manner which is healthy for me and others
- I express feelings of anger and frustration in a way that is not hurtful to others
- I am satisfied with the balance between my work time and leisure time
- I feel that my life has a positive purpose
- I feel mentally refreshed
- I have a positive attitude and am generally happy
- I purposefully inject humor and laughter into my daily routine
- I have time to complete my daily tasks and don't feel rushed
- I am able to complete my daily tasks and normal events without constantly worrying about them.
- I feel I am able to handle the difficulties and tasks that occur in my life
- I participate in activities/strategies to manage my stress when needed
- I am able to remember important events, tasks, and information

Dr. Mom/ Dad

- I check my first aid kit at least twice a year and ensure it is adequately stocked
- I feel I am prepared and know how to handle most minor first aid situations

Ideal Physique

- I engage in moderate physical activity for 30 minutes at least 5 times a week
- My weekly physical activity includes stretching, strength training, and aerobic activity
- I eat at least 5 servings of fruits and vegetables every day
- I intentionally include foods that are high in fiber (whole grains, beans, etc.) and consume the recommended amounts every day. (Women 21-25gm, Men 30-38gm)
- I eat regular meals – including breakfast, not out of habit (i.e. while watching TV) or based on how I feel (sad, nervous, etc)
- I eat appropriately portioned meals and snacks
- My body weight in relation to my height and build is appropriate

Pain Management

- I am able to control my pain so that it doesn't limit my ability to participate in normal work and leisure activities
- My pain doesn't disturb my quality or quantity of sleep
- I maintain control of my emotions (sad, irritability, anger, etc.) despite my pain level

Women

- I practice proper self-care and take time to focus on my personal health
- I live free of menopausal symptoms (hot flashes, night sweats, etc). or PMS (irregular periods, cramps, nausea, irritability, etc.)

Men

- I practice proper self-care and take time to focus on my personal health
- My urination is regular and free from symptoms such as incomplete emptying, disrupted flow while urinating, inability to postpone urination, and a weak urine stream

Scoring

Add up the number from each category and enter into table to calculate total score. The same formula can be used to calculate scores for individual areas of interest.

Almost Never x 0 =		
Occasionally x 1 =		
Often x 2 =		
Very Often x 3 =		
Almost Always x 4 =		
TOTAL SCORE =		

100 or more...	Above average
80-99	Average
79 or less	Below Average (the further below average the more attention required)

Core Vigor and Vitality (Less than 22 points – needs attention)

Mind and Emotions (Less than 33 points – needs attention)

Doctor Mom/Dad (If you responded less than Very Often – needs attention)

Ideal Physique (Less than 16 points – needs attention)

Pain Management (Less than 9 points – needs attention)

Women's / Men's Health (Less than 6 points – needs attention)