

# FANTASTIC LIFESTYLE ASSESSMENT

Based on the past month rate yourself in each of the areas below:

		2 point	1 point	No points
<b>FAMILY &amp; FRIENDS</b>	Communication with others is open, honest and clear	almost always	some of the time	hardly ever
	I give and receive affection	almost always	some of the time	hardly ever
	I get the emotional support that I need	almost always	some of the time	hardly ever
<b>ACTIVITY</b>	Active Exercise-30 minutes e.g. running, cycling, fast walk	3 times weekly	twice a week	seldom or never
	Relaxation and enjoyment of leisure time	almost daily	some of the time	hardly ever
<b>NUTRITION</b>	Balanced meals	almost always	some of the time	hardly ever
	Breakfast daily	almost always	some of the time	hardly ever
	Excess sugar, salt, animal fats, or junk foods	minimal use	some of the time	frequently
	Ideal weight	within 10 lbs. (4 kg.)	within 20 lbs. (8 kg.)	not within 20 lbs. (8 kg.)
<b>TOBACCO &amp; TOXINS</b>	Tobacco in the past year	none	pipe only	cigarettes
	Abuse of drugs: prescribed and unprescribed	seldom or never	some of the time	frequently
	Coffee, tea, cola	under 3 per day	3 - 6 per day	6 or more
<b>ALCOHOL</b>	Average intake per day	less than 2 drinks	2 drinks	more than 2
	Alcohol & driving	never drink & drive	only rarely	fairly often
<b>SLEEP, SEATBELTS &amp; STRESS</b>	7 - 9 hrs. sleep per night	almost always	some of the time	hardly ever
	Frequency of seat belt use	always	most of the time	some of the time
	Major stressful events in past year	none	1 - 2	3 or more
<b>TYPE OF PERSONALITY</b>	Sense of time urgency; impatience	hardly ever	some of the time	almost always
	Competitive and aggressive	hardly ever	some of the time	almost always
	Feelings of anger & hostility	hardly ever	some of the time	almost always
<b>INSIGHT</b>	Positive thinker	almost always	some of the time	hardly ever
	Anxiety, worry	hardly ever	some of the time	almost always
	Depression	hardly ever	some of the time	almost always
<b>CAREER</b> (Includes home making, students, etc.)	Satisfied in job or role	almost always	some of the time	hardly ever
	Good Relationships with those around	almost always	some of the time	hardly ever