

Reviewing your Health and Lifestyle

1 = Strongly disagree; 2 = Disagree; 3 = Agree; 4 = Strongly agree

Mark the option that is closest to your current experience.	1	2	3	4
About Food...				
1. I eat three healthy meals a day.				
2. My food has a good mix of protein, carbohydrate, fruit and vegetables, fibre, fats and oils.				
3. Generally, I avoid snacks – crisps, sweets and cakes.				
4. I enjoy making and eating my food without distraction.				
5. Where possible I eat raw foods and cook fresh foods.				
6. Generally, I eat when I am hungry and stop when I am full.				
7. My food has a variety of tastes – sweet, sour, bitter				
8. Where necessary, I use nutritional supplements wisely to ensure I have a healthy balance of minerals and vitamins in my system.				
About drink...				
9. I drink plenty of water each day.				
10. I avoid over indulging in alcoholic drinks.				
11. I avoid over indulging in caffeinated drinks eg coffee, tea, fizzy drinks.				
12. I avoid over indulging in milky drinks eg hot chocolate, latte coffee etc				
About exercise				
13. I do a minimum of 30 minutes aerobic activity three times a week eg brisk walking, cycling, swimming etc				
14. I do a minimum of 30 minutes strength exercise three times a week eg lifting, walking stairs				
15. I do a minimum of 30 minutes stretching three times a week eg arms, legs, back, neck				



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About Rest and Relaxation				
16. I get on average 7-8 hours sleep at night.				
17. On average in a week, at least 5 hours of my sleep is before midnight.				
18. I have at least two rest periods in a day of about 30 minutes – where I deliberately slow down.				
19. I have regular interests that stimulate my mind and take my total concentration eg sports, needlework, crafts etc.				
20. I watch television, use computers and telephones in moderation.				
About Love				
21. I have everyday relationships where I can comfortably express love and care.				
22. I have everyday relationships where I obtain unconditional love and care.				
23. I have relationships where I enjoy spontaneous fun and laughter.				
About your Mind				
24. I do not easily get angry or frustrated with life or others.				
25. I have a positive outlook on life and people.				
26. I am generally happy with my past, present and future.				
About your lifestyle...				
27. I am not prone to addictions eg to smoking, chocolate, caffeinated or fizzy drinks, alcohol, sweet or spicy foods				
28. My life has variety over routine.				
29. My life is purposeful and active - but not hectic.				

Mark the option that is closest to your current experience.	1	2	3	4
About your lifestyle - continued				
30. I feel everyday that I add value to others lives.				
31. I feel everyday that I add value to my life.				
About your Perception				
32. I am in touch with the environment in which I live in a positive way.				
33. I am in touch with myself – and check and maintain my health and wellbeing.				
34. Generally my life is full of positive energy and not draining energy (toxins).				

Now add up your score.

- 34 - 68 Your health and lifestyle needs reviewing and attention. Have a look at the areas above and consider taking action to improve in each.
- 69 – 102 You lead a pretty healthy life but certain areas need further development. Have a look at the headings and consider where these are.
- 103 – 136 You have a good all round health and lifestyle. Well done. But do not become complacent. Continue to review, adapt and maintain healthy habits. You are a good example to others.

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