

## The Lifestyle Check-Up

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Optimal health requires attention to all areas.*

*Give yourself this Lifestyle Check-Up – see what you’ve been doing well, and what might need some attention.*

	Completely Dissatisfied					Completely Satisfied	
1. I eat a healthy diet.....	0	0	0	0	0	0	0
2. I drink 6-8 glasses (8 oz.) of water daily.....	0	0	0	0	0	0	0
3. I take vitamins and/or supplements for my health.....	0	0	0	0	0	0	0
4. I do not consume alcohol <i>or</i> I drink responsibly.....	0	0	0	0	0	0	0
5. I drink little or no caffeinated beverages (e.g., coffee, tea, soda, energy drinks).....	0	0	0	0	0	0	0
6. I do not smoke cigarettes.....	0	0	0	0	0	0	0
7. I do not use illicit drugs or abuse prescription drugs..	0	0	0	0	0	0	0
8. I exercise regularly.....	0	0	0	0	0	0	0
9. I have regular and sound sleep.....	0	0	0	0	0	0	0
10. I am in strong physical health.....	0	0	0	0	0	0	0
11. I am in strong mental health.....	0	0	0	0	0	0	0
12. I am comfortable with my financial health.....	0	0	0	0	0	0	0
13. I engage in regular spiritual and/or religious activities	0	0	0	0	0	0	0
14. I pray and/or meditate.....	0	0	0	0	0	0	0
15. I practice stress management, relaxation, and/or mindfulness activities.....	0	0	0	0	0	0	0
16. I have balance between work and other areas of my life.....	0	0	0	0	0	0	0
17. I regularly practice hobbies and/or recreational activities.....	0	0	0	0	0	0	0
18. I have an active social life.....	0	0	0	0	0	0	0
19. I have healthy dating life <i>or</i> I have a healthy committed relationship <i>or</i> I have a healthy marriage...	0	0	0	0	0	0	0
20. I have trusted people in my life that I can talk to.....	0	0	0	0	0	0	0
21. I am satisfied with my progress toward my life goals...	0	0	0	0	0	0	0

- *Place a star (★) by the numbers of the three areas about which you are the most proud.*
- *Circle the numbers of the three most important areas that you would like to improve. Consider what might be blocking you from being better in these areas.*

Please indicate your overall level of satisfaction with your lifestyle.      0      0      0      0      0      0      0