

Lifestyle Assessment Inventory

Purpose:

The purpose of this lifestyle assessment inventory is to increase your awareness of areas in your life that increase your risk of disease, injury, and possibly premature death. A key point to remember is that you have control over each of the lifestyle areas discussed. Awareness is the first step in making change.

Directions:

Place a check mark by each statement that applies to you.

A. Physical Fitness

- I exercise for a minimum of 20 to 30 minutes at least 3 days a week.
- I play sports routinely (2 to 3 times per week).
- I walk for 15 to 30 minutes (3 to 7 days per week).

B. Body Fat

- There is no place on my body where I can pinch more than 1 inch of fat.
- I am satisfied with the way my body appears.

C. Stress Level

- I find it easy to relax.
- I rarely feel tense or anxious.
- I am able to cope with daily stresses better than most people.

D. Car Safety

- I have not had an auto accident in the past 4 years.
- I always use a seat belt when I drive.
- I rarely drive above the speed limit.

E. Sleep

- I always get 7 to 9 hours of sleep.
- I do not have trouble going to sleep.
- I generally do not wake up during the night.

F. Relationships

- I have a happy and satisfying relationship with my spouse or boy-girlfriend.
- I have a lot of close friends.
- I have a great deal of family love and support.

G. Diet

- I generally eat three balanced meals per day.
- I rarely overeat.
- I rarely eat large quantities of fatty foods and sweets.

H. Alcohol Use

- _____ I consume fewer than two drinks per day.
- _____ I never get intoxicated.
- _____ I never drink and drive.

I. Tobacco Use

- _____ I never smoke (cigarettes, pipe, cigars, etc.).
- _____ I am not exposed to second-hand smoke on a regular basis.
- _____ I do not use smokeless tobacco.

J. Drug Use

- _____ I never use illicit drugs.
- _____ I never abuse legal drugs such as diet or sleeping pills.

K. Safe Sex

- _____ I always practice safe sex (e.g., always using condoms or being involved in a monogamous relationship).

Scoring:

1. **Individual areas:** If you have fewer than three checks in categories A through K, you can improve this area of your lifestyle.
2. **Overall lifestyle:** Add up your total number of checks. Scoring can be interpreted as follows:

23 - 29	Very healthy lifestyle
17 - 22	Average healthy lifestyle
≤ 16	Unhealthy lifestyle (needs improvement)