

FANTASTIC LIFESTYLE CHECKLIST

Pace an 'X' beside the box which best describes your behaviour over the last couple of weeks. Explanations of questions and scoring are provided on the next page.

FAMILY FRIENDS	I have someone to talk to about things that are important to me	almost never	seldom	some of the time	fairly often	almost always
	I give and receive affection	almost never	seldom	some of the time	fairly often	almost always
ACTIVITY	I am vigorously active for at least 30 minutes per day e.g., running, cycling, etc	less than once/week	1-2 times/week	3 times/week	4 times/week	5 or more times/week
	I am moderately active (gardening, climbing stairs, walking, housework)	less than once/week	1-2 times/week	3 times/week	4 times/week	5 or more times/week
NUTRITION	I eat a balanced diet (see explanation)	almost never	seldom	some of the time	fairly often	almost always
	I often eat excess 1) sugar, or 2) salt, or 3) animal fats, or 4) junk food	four of these	three of these	two of these	one of these	none of these
	I am within ____kg of my healthy weight	not within 8 kg	8 kg (20 lbs)	6 kg (15 lbs)	4 kg (10 lbs)	2 kg (5 lbs)
TOBACCO TOXICS	I smoke tobacco	more than 10 times/week	1 – 10 times/week	none in the past 6 months	none in the past year	none in the past 5 years
	I use drugs such as marijuana, cocaine	sometimes				never
	I overuse prescribed or 'over the counter' drugs	almost daily	fairly often	only occasionally	almost never	never
	I drink caffeine-containing coffee, tea or cola	more than 10/day	7-10/day	3-6/day	1-2/day	never

ALCOHOL	My average alcohol intake per week is _____ (see explanation)	more than 20 drinks	13-20 drinks	11-12 drinks	8-10 drinks	0-7 drinks		
	I drink more than four drinks on an occasion	almost daily	fairly often	only occasionally	almost never	never		
	I drive after drinking	sometimes				never		
SLEEP SEATBELT STRESS SAFE SEX	I sleep well and feel rested	almost never	seldom	some of the time	fairly often	almost always		
	I use seatbelts	never	seldom	some of the time	most of the time	always		
	I am able to cope with the stresses in my life	almost never	seldom	some of the time	fairly often	almost always		
	I relax and enjoy leisure time	almost never	seldom	some of the time	fairly often	almost always		
	I practice safe sex (see explanation)	almost never	seldom	some of the time	fairly often	almost always		
TYPE OF BEHAVIOUR	I seem to be in a hurry	almost always	fairly often	some of the time	seldom	almost never		
	I feel angry or hostile	almost always	fairly often	some of the time	seldom	almost never		
INSIGHT	I am a positive or optimistic thinker	almost never	seldom	some of the time	fairly often	almost always		
	I feel tense or uptight	almost always	fairly often	some of the time	seldom	almost never		
	I feel sad or depressed	almost always	fairly often	some of the time	seldom	almost never		
CAREER	I am satisfied with my job or role	almost never	seldom	some of the time	fairly often	almost always		
STEP 1	Total the X's in each column	→						
STEP 2	Multiply the totals by The numbers indicated (write your answer in the box below)	→	o	x 1	x 2	x 3	x 4	
STEP 3	Add your scores across The bottom for your							
	Grand total	→	o					=

▼ A BALANCED DIET

According to Canada’s Food Guide, different people need different amounts of food. The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast feeding. That’s why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, and male teenagers can select the higher number. Most other people can choose servings somewhere in between. The ranges below are for adult men and women from 19 to 50+.

Grain Products	Vegetables & Fruit	Milk Products	Meat & Alternatives	Other Foods
Choose whole grain and enriched products more often	Choose dark green and orange vegetables more often	Choose lower fat milk products more often	Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often	Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these are higher in fat or calories, so use these foods in moderation.

Recommended number of servings per day

6 - 8	7 - 10	2 - 3	2 - 3	
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▼ ALCOHOL INTAKE

1 drink equals:		Canadian	Metric	U.S.
1 bottle of beer	5% alcohol	12 oz.	340.8 ml	10 oz.
1 glass wine	12% alcohol	5 oz.	142 ml	4.5 oz.
1 shot spirits	40% alcohol	1.5 oz.	42.6 ml	1.25 oz.

▼ SAFE SEX

Refers to the use of methods of preventing infection or conception

WHAT DOES THE SCORE MEAN?

→	85-100	70-84	55-69	35-54	0-34
	EXCELLENT	VERY GOOD	GOOD	FAIR	NEEDS IMPROVEMENT

NOTE: A low total score does not mean that you have failed. There is always the chance to change your lifestyle – starting now. Look at the areas where you scored a 0 or 1 and decide which areas you want to work on first.

TIPS:

- 1 Don't try to change all the areas at once. This will be too overwhelming for you.
- 2 Writing down your proposed changes and your overall goal will help you to succeed.
- 3 Make changes in small steps towards the overall goal.
- 4 Enlist the help of a friend to make similar changes and/or to support you in your attempts.
- 5 Congratulate yourself for achieving each step. Give yourself appropriate rewards.
- 6 Ask your physical activity professional (CSEP-Professional Fitness and Lifestyle Consultant), family physician, nurse or health department for more information on any of these areas.