

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	almost never	seldom	some of the time	fairly often	always

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					=