Health Style Test-A lifestyle Habit Assessment

Smoking

	Always	Sometimes	Almost Never
Avoid Smoking	2	1	0
I smoke only low tar cigarettes or I smoke a pipe or cigars	2	1	0
Smoking Score:			

Alcohol and Drugs

	Always	Sometimes	Almost Never
Avoid Drinking Alcoholic beverages or I drink no more than 1 or 2 drinks a month	2	1	0
I avoid using alcohol or other drugs (especially illegal drugs) as a way of handling stressful situations or problems in my life	2	1	0
I'm careful not to drink alcohol when taking certain medicines (sleeping, pain, colds, and allergies, etc.)	2	1	0
I read and follow the label directions when using prescribed and over the counter drugs	2	1	0
Alcohol and Dug Score:			

Eating Habits

	Always	Sometimes	Almost Never
I eat a variety of foods each day, such as fruits and vegetables, whole grain breads and cereals, lean meats, dairy products, dry peas and beans, and nuts and seeds	2	1	0
I limit the amount of saturated fat, and cholesterol I eat (including fat on meats, eggs, butter, cream, shortenings, and organ meats such as liver	2	1	0
I limit the amount of salt I eat by cooking with only small amounts, not adding salt at the table, and avoiding salty snacks.	2	1	0
I avoid eating to much sugar (especially frequent snacks of sticky candy or soft drinks).	2	1	0
Eating Habits Score:			

Stress Control

	Always	Sometimes	Almost Never
I have a job or do other work that I enjoy	2	1	0
I find it easy to relax and express my feelings freely	2	1	0
I recognize and prepare early for events or situations likely to be stressful for me.	2	1	0
I have close friends, relatives, or others whom I can talk to about personal matters and call on for help.	2	1	0
I participate in group activities (such as church and community organizations) or hobbies that I enjoy	2	1	0
Stress Control Score:			

Exercise and Fitness

	Always	Sometimes	Almost Never
I avoid being overweight or underweight.	3	1	0
I do vigorous aerobic exercises, such as running, swimming, and brisk walking, for 15 to 30 minutes at least three times a week.	3	1	0
To enhance my muscle tone, I do muscle strengthening exercises, such as yoga and calisthenics, for 15-30 minutes at least three times a week.	3	1	0
I use part of my leisure time to participate in individual family, or team activities, such as gardening, bowling, golf, and baseball, that increase my level of fitness.	3	1	0
Exercise and Fitness Score:			

Safety

	Always	Sometimes	Almost Never
I wear seat belt when riding in a car.	2	1	0
I avoid driving while under the influence of alcohol and other drugs.	2	1	0
I obey traffic rules and the speed limit when driving.	2	1	0
I am careful when using potentially harmful products or substances, such as household cleaners, poisons, and electrical devices.	2	1	0
I avoid smoking in bed.	2	1	0
Safety Score:			

You’re Health Style Score:

Scores of 9 and 10	Excellent, your answers dhow that you are aware of the importance of this area to your health and you’re practicing good health habits
Scores of 6 to 8	Your health practices in this area are good, but there’s room for improvement.
Scores of 3 to 5	Your health risks are showing! You need to be aware of the risks you are facing and why it’s important for you to change these behaviors.
Scores of 0 to 2	Obviously you were concerned enough about your health to take the test, but your answers show you may be taking serious and unnecessary risks with your health.