

## Health and Habits Assessment

Rank the following statements from 1-5  
1= never 5= always

- I am energized throughout my day \_\_\_\_\_
- I consistently get at least 10,000 steps a day \_\_\_\_\_
- I eat at least 5 servings of vegetables a day \_\_\_\_\_
- I feel comfortable and confident with my current weight \_\_\_\_\_
- I get at least 7 hours of sleep per night \_\_\_\_\_
- I consume 5 or more different colors of produce each day \_\_\_\_\_
- I sit fewer than 5 hours per day \_\_\_\_\_
- I consume no more than 200 mg of caffeine per day \_\_\_\_\_
- I take a break every hour from my computer \_\_\_\_\_
- I spend at least 60 minutes outside each day \_\_\_\_\_
- I have practices to help me calm and quiet my mind \_\_\_\_\_
- I have a consistent strength training routine \_\_\_\_\_
- I have strong, positive relationships with 5-10 people \_\_\_\_\_
- I consume at least 20g of fiber each day \_\_\_\_\_
- I practice good posture at all times \_\_\_\_\_
- My blood pressure is less than 120/80 \_\_\_\_\_
- My fasting glucose is between 70-95 \_\_\_\_\_
- All aspects of my cholesterol panel are in the healthy range \_\_\_\_\_
- My waist circumference is less than half my height in inches \_\_\_\_\_

Scoring:      80-95              A Master of Healthy Habits  
                  65-79              Well on your way to embracing the healthy lifestyle  
                  50-64              Heading in the right direction—keep on going!  
                  Below 50            Not to worry! You ARE a Better Being and willing to work!