

Personal Health Assessment

Improving health depends on increasing positive behaviors and reducing or eliminating negative behaviors. Below is a questionnaire to help gauge where you are on your health journey. As always, if you have questions or concerns, consult a qualified health professional.

	Question	USUALLY	SOMETIMES	RARELY
1.	I exercise for 2 hours and 30 minutes (150 minutes) or more every week.			
2.	I am able to physically accomplish my daily tasks without significant effort.			
3.	I eat five servings of fruits/ vegetables daily.			
4.	I maintain a healthy weight within the recommendations specified by a health care professional.			
5.	I have not felt so sad, discouraged, or hopeless or have so many problems that I have wondered if anything was worthwhile in the past month			
6.	I feel happy or content, hopeful, and expect things will get better during difficult times.			
7.	I avoid the use of tobacco products (cigarettes, smokeless tobacco, cigars, and pipes) or other habit forming drugs			
8.	I abstain from alcohol (beer, liquor, wine).			
9.	I take time to have meaningful interactions with family and friends			
10.	I spend a portion of every day in personal reflection or prayer			
	Totals:			

If the majority of your responses fall into:

Usually: Congratulations! You're developing and maintaining a healthy lifestyle in this area!

Sometimes: You often make the right choices but watch out for occasional slips leading to bad patterns.

Rarely: Consider consulting a health professional to help you move to healthy behaviors for these areas. We want you to be the best you can be!

Age: _____