



Exercise, Relaxation & Emotional Health

The following questions are designed to assess whether you take care of yourself, or whether you take undue risks that might lead to ill health, on a daily basis. Please check the box if the statement is true about yourself.

Name: _____ Date: _____

Activity

- I do some physical exercise daily. (5 -15 flights of stairs/1-1/2 mile walk)
- I am fairly active daily.(15-20 flights of stairs/more than 1-1/2 mile walk/programs exercise 3x week)
- I do vigorous exercise daily. (More than fairly active)
- I do calisthenics or some other form of stretching exercises daily.
- I make a point of being good to my body several times a week. (Relaxing baths, massage)
- I walk upstairs rather than take the elevator.
- My resting pulse is less than 80 beats per minute.
- I do not become winded or short of breath walking upstairs.
- I tend to walk or ride a bike rather than rely on my car.
- I can fit exercise comfortably into my daily schedule.
- I enjoy any exercise that I do and find it invigorating.
- I do not smoke.

Leisure

- I spend at least one half hour per day in solitude/quiet space.
- Most days I do not feel stressed or overworked.
- I can enjoy a weekend or vacation without difficulty.
- I have time to share feelings and thoughts with others regularly.
- I do regular relaxation, yoga, self hypnosis, or meditation.
- I recognize the importance of taking time to "recharge my batteries."
- I fall asleep easily and sleep peacefully 7-8 hours per night.
- I feel well rested when I wake.
- I know how to schedule my time so as not to feel stressed.
- I can leave work worries at work.
- I do not have to drink alcohol, smoke, or take drugs to relax.
- I watch, on the average, less than 1 hour of TV per day.

General

Tick the first four boxes if you do not drink.

- I drink less than 8 bottles of beer (120 oz) per week.
- I drink less than 8 1-1/2 oz of liquor per week.
- I drink less than 8 glasses (5 oz) of wine per week.
- The total number of alcohol drinks I have per week is less than eight.
- I do not take drugs illegally.
- I do not consume drugs with alcohol. (tranquilizers, antihistamines, antidepressants)
- I do not smoke cigarettes, cigars, or a pipe.
- I do not smoke in bed.
- I have smoke detectors in my home or apartment and they work.

- I always wear a seatbelt.
- I almost always wear a seatbelt. (50-75% of the time)
- I never drive under the influence of alcohol.
- I never drive when my ability to do so may be influenced by drugs.
- I brush my teeth at least twice a day.
- I use dental floss regularly.
- I know my blood pressure and it generally runs around___/___.

Females:

- I check my breasts every month for unusual lumps.
- I have a yearly Pap smear.

Males:

- If 18 to 30, I check my testicles monthly for unusual lumps.
- If over 45, I have my prostate gland checked each year.

Personal and Spiritual Awareness

- I have a happy relationship with my spouse &/or significant other.
- I have close friends.
- I have adequate social connections.
- I feel my life is predictable.
- I feel I have outlets or support systems for dealing with frustrations in my life.
- I feel in charge of my life.
- I feel that things are fine and/or are getting better.
- I feel my mind is at peace with itself.
- I find life pleasurable.
- Most of the time I am happy and able to express this.
- I believe my aspirations and goals in life are being met by my present lifestyle.
- I think my talents are being well utilized.
- I am excited about my future and the potential it holds.
- I feel financially secure.
- I look forward to living a long life.
- I have activities and interests which stimulate and challenge me.
- I enjoy learning new things, and feel intellectually stimulated.
- I am aware that if I treat the environment with respect, this will benefit my health.
- If I saw broken glass on the street I would pick it up and put it in the trash.
- I can accept my mistakes.
- I am able to express sadness or grief openly.
- I am able to express my fears to others.
- I am able to express my anger or frustration openly.
- I am able to say "no" to people without feeling guilty.
- I feel free to express love and warmth to those I care about.
- I can be silly, when I feel like it.
- I enjoy being complimented
- I like and accept myself most of the time.
- I do not have resentful feelings about the past.
- I am sexually content.
- I can accept my weaknesses.
- I am able to recognize my emotional needs and have them met most of the time.
- I do not worry unduly.
- I believe that the universe loves, supports and protects me.
- It is safe for me to love and trust people.
- I feel connected to and loved by everyone who is important to me.
- I am glad I was born - I have a right to be here.
- I have forgiven everyone who has wronged me.
- I believe in a force greater than me.

Please print this form, complete it, and bring it with you to your initial visit.
Please return to the list of questionnaires you need to complete.