

## Life Harmony Assessment Physical Health

Review and answer each statement. If it is true, add 1 point. If the statement is only true “sometimes” or “usually,” **DO NOT** add a point. Only add a point if it is virtually always true. (No credit given until the statement is virtually always true.)

- 1 I maintain my weight within 10 pounds of the recommended range for my height and gender.
- 2 Whatever health problems I have, I am receiving proper, effective care for them.
- 3 I spend at least 30 minutes a day moving/walking (10-minute increments count), at least 3 times a week.
- 4 I do not smoke.
- 5 My alcohol consumption is 4 drinks or less per week (shot, beer, or glass of wine).
- 6 I eat at least 5 servings (1 serving = ½ cup) of fruit and/or vegetables daily.
- 7 I get at least 7 hours of daily sleep on a regular basis.
- 8 I maintain good oral hygiene with regular dental checkups, and daily brushing and flossing.
- 9 I engage in an aerobic activity 3 times a week. (Check with your doctor first.)
- 10 I intentionally include foods high in fiber in my diet on a daily basis.
- 11 I am careful with the use of prescription medications.
- 12 I am careful with the use of over-the-counter medications.
- 13 I do not have a chronic pain condition.
- 14 I am able to engage in the normal activities of daily life.
- 15 I protect my skin from sun damage by using sunscreen or by taking other precautions.

Total Score

