TOTAL HEALTH ASSESSMENT

This health inventory has no right or wrong answers. This assessment of your personal habits is a learning tool that is meant to persuade you to change some behaviors.

**Rating Scale:**
- 5 = almost always practice (90–100%), or yes
- 4 = practice most of the time (61–89%)
- 3 = practice about half of the time (40–60%), or does not apply
- 2 = practice some of the time (11–39%)
- 1 = practice rarely or never (0–10%)
- 0 = no

**SELF-AWARENESS**

1. ___ I have good insight into my actions and feelings.
2. ___ I take time to slow my pace each day.
3. ___ I take personality tests to discover the real me.
4. ___ I interpret my dreams.
5. ___ I practice open and honest communication with others.
6. ___ I can clear my mind of thoughts and practice regular relaxation skills.
7. ___ I try to learn about and study my family genealogy.
8. ___ I have a strong spiritual connection.
9. ___ I have found meaning and purpose in my life.
10. ___ I have discovered my natural strengths.

Score ___ /50

**EMOTIONAL HEALTH**

11. ___ I am able to give and receive love easily.
12. ___ I have many dreams and goals.
13. ___ I feel safe and secure in my home and life.
14. ___ I have good self-motivation and confidence.
15. ___ I can laugh at my own mistakes and errors.
16. ___ I have some good friends and am well accepted by others.
17. ___ I never brag, gossip, or show off.
18. ___ I find it easy to compliment others.
19. ___ I have a strong support system.
20. ___ I am successful in some areas of life.

Score ___ /50

4.3 (continued)

STRESS MANAGEMENT

21. ____ I laugh a lot daily and have a good sense of humor.
22. ____ I have good communication skills.
23. ____ I am internally controlled rather than externally controlled.
24. ____ I channel my anger in a constructive manner.
25. ____ I do not worry about things that I have no control over.
26. ____ I know the problem-solving process to deal with conflicts.
27. ____ I am assertive in my personal dealings, not aggressive or passive.
28. ____ I seek assistance with major problems in life.
29. ____ I avoid “you statements” when dealing with others in conflicts.
30. ____ I can combat feelings of depression when they occur.

Score ___ /50

HUMAN BODY AND PERSONAL SAFETY

31. ____ I know a lot about the human body and how it works.
32. ____ My resting pulse rate is around 60 beats per minute.
33. ____ My urine is light yellow in color (measures water consumption).
34. ____ My blood pressure is below 130/80 (or 140/90 for an adult).
35. ____ My serum cholesterol is below 180 mg (or 200 mg for an adult).
36. ____ I can administer proper first aid for bleeding wounds.
37. ____ I brush my teeth and floss daily.
38. ____ I wear a seatbelt while in a vehicle or helmet when on a cycle.
39. ____ I know how to do chest compressions and mouth-to-mouth breathing.
40. ____ I am safety conscious.

Score ___ /50

NUTRITION

41. ____ I eat a nutritious breakfast every day.
42. ____ I eat three nutritious meals at about the same time every day.
43. ____ I avoid eating meat and fast foods.
44. ____ I buy or encourage the person who does the shopping in my household to buy organic foods.
45. ____ I drink around 10 glasses of water per day and avoid soda.
46. ____ I eat five or more servings of fruits and vegetables daily.
47. ____ I eat fish a couple times each week.
48. ____ I avoid salt, sugar, and cholesterol in my diet.
49. ____ I take a multivitamin at least every other day.
50. ____ I eat lots of whole-grain breads and cereals daily.

Score ___ /50

EXERCISE AND LEISURE

51. ____ I have hobbies that are active and involve muscle movement.  
52. ____ I do at least 10 minutes of yoga or stretching each day  
53. ____ I do 30 minutes of weight training at least twice a week.  
54. ____ I do 30 minutes of cardiovascular training (biking, walking, jogging, or similar exercise) daily.  
55. ____ I spent 10 minutes a day practicing relaxation techniques.  
56. ____ I keep my body composition (body fat) within desirable limits.  
57. ____ I stay away from all fad diets and schemes to lose weight.  
58. ____ I get enough restful sleep each night to avoid fatigue (9 hours for teenagers).  
59. ____ I spend some time outside in nature every day.  
60. ____ I have physical health goals and keep a log of my exercise program.

Score ____ /50

TOBACCO, ALCOHOL, AND DRUGS

61. ____ I choose to be tobacco free.  
62. ____ I choose to be alcohol free.  
63. ____ I choose to be free from illicit drugs (marijuana, LSD, speed, and so on).  
64. ____ I use prescription medicine as prescribed by the doctor.  
65. ____ I avoid inhaling any fumes or solvents for a chemical high.  
66. ____ I avoid inhaling second-hand smoke.  
67. ____ I avoid the consumption of caffeinated beverages.  
68. ____ I do not ever drive a vehicle while under the influence of drugs.  
69. ____ I am careful to not mix medication with alcohol or other drugs.  
70. ____ I do many activities in life that give me a natural high.

Score ____ /50

LEARNING AND INTELLIGENCE

71. ____ I drink at least 8 to 10 glasses of water daily to prevent dehydration of the brain.  
72. ____ I enjoy learning new things in school.  
73. ____ I eat foods that are high in brain power—protein sources (lean meats, fish, and peanuts) and B complex sources (fruits, leafy green vegetables, and whole grains).  
74. ____ I travel whenever possible and realize the value of those experiences.  
75. ____ I like to read books that make me think.  
76. ____ I practice some brain boosters daily such as cross-laterals, breathing techniques, or thinking activities or puzzles.  
77. ____ I am seeking career options that match my talents.  
78. ____ I spend time doing cardiovascular exercises like walking, jogging, swimming, or biking each day to get my blood circulating well.  
79. ____ I question the biases and deception often found in the media.  
80. ____ I seek insight and knowledge from people with wisdom.

Score ____ /50

DISEASE PREVENTION

81. ___ I have a regular doctor and have annual checkups.
82. ___ I wash my hands after using the bathroom or whenever they are dirty.
83. ___ I clean my hands and the food before eating or cooking it.
84. ___ I refrigerate all foods immediately after using them to prevent bacteria growth.
85. ___ I practice safe sex in my relationships or abstinence.
86. ___ I practice monogamy in my relationships.
87. ___ I avoid exposure to blood and body fluids.
88. ___ I exfoliate my skin daily to get rid of dead surface cells.
89. ___ I wear a sunscreen with an SPF of 30 or higher when outside in the sun.
90. ___ I seek a second opinion on all serious health matters.

Score ___ /50

HUMAN RELATIONSHIPS

91. ___ I am honest and trustworthy.
92. ___ I can carry on a conversation with a person of any age.
93. ___ I practice random acts of kindness.
94. ___ I have good listening skills.
95. ___ I have a positive attitude.
96. ___ I value diversity.
97. ___ It is easy for me to encourage others to do well.
98. ___ I do my fair share of duties around the house.
99. ___ I laugh with people, not at them.
100. ___ I volunteer in my school or community.

Score ___ /50

ENVIRONMENTAL HEALTH

101. ___ I walk or bicycle whenever possible for transportation.
102. ___ I try to limit the burning of fossil fuels by carpooling, using mass transit, using fuel efficient vehicles, and so on or by encouraging others to do so.
103. ___ I pick up litter or garbage that I see on the ground.
104. ___ I try to save water by avoiding long showers and wasteful use.
105. ___ I realize that overpopulation is the underlying factor to all pollution.
106. ___ I cut down on the use of electricity by turning lights off unless using them.
107. ___ I set the thermostat to 68 °F (20 °C) in winter and 75 °F (24 °C) degrees in summer or encourage my parents or guardians to do so.
108. ___ I recycle all paper, plastic, glass, and aluminum.
109. ___ I support environmental protection programs by donating money or time.
110. ___ I keep myself updated on the latest issues concerning the environment.

Score ___ /50