LIFESTYLE INDEX

Indicate on each of these scales where you think and feel you are currently functioning in these areas of your life. There are obviously no right or wrong answers here, so just be honest with yourself, listen to your intuition and mark your response by circling the marks at the appropriate level. Use this as a guide for making improvements in your life. Your scores will increase as you become healthier.

Scale: 0 = Non-Existent ...... to ...... 10 = Ideal