## Lifestyle Medicine Assessment

For each item, think about the last seven days and answer 'Yes' or 'No' if you...

| 1 | Felt your life had a sense of purpose | O Yes | O No |
| :---: | :--- | :---: | :---: |
| 2 | Used olive oil as your primary oil or used no oil when cooking | O Yes | O No |
| 3 | Engaged in two or more spiritual or religious practices (e.g., meditation, prayer, church services, etc.) | O Yes | O No |
| 4 | Felt that you were able to manage and deal with stressors effectively most days | O Yes | O No |
| 5 | Interacted with one or more club(s) or organization(s) (e.g., athletic, community, school group, etc.) | O Yes | O No |
| 6 | Smoked, vaped, or used tobacco/e-cigarette | O Yes | O No |
| 7 | Visited or spoke to a close friend or family member on three or more separate occasions | O Yes | O No |
| 8 | Woke up feeling refreshed and rested on most days | O Yes | O No |
| 9 | Spent at least two hours in nature (approximately 20 minutes daily) | O Yes | ONo |
| 10 | Felt you had enough time to take care of yourself most days | O Yes | O No |

For each item, think about the last seven days and provide your best estimate for each:


## Table 1 scoring:

Add 2 points for every 'yes' answer, with the following exceptions:

- \#6: Get 6 points if you did not smoke, vape, or use tobacco/ e-cigarettes; 0 points if you did
- \#10: Get only 1 point if you felt you had enough time to take care of yourself most days
- \#2: Get only 1 point if you used olive oil as your primary oil or used no oil when cooking


## Table 2 scoring:

- \#11: Get 1 point if you ate fewer than four meals at a sit-down or take-out restaurant
Add 2 points:
- \#12: if you performed two or more resistance training workouts (e.g., pushups, squats, etc.)
- Only 1 point if you performed one resistance training workout
- \#13: if you consumed one or fewer sweetened drink per week (e.g., juice, sweeteners in coffee or tea, soda, sports drinks, etc.)
- \#14: if you consumed three or fewer alcoholic drinks on any single day (four or fewer alcoholic drinks per day if male)
- \#15: if you consumed one or fewer packaged snack per day (e.g., chips, crackers, cookies, protein bars, candy, etc.)
- \#17: if you consumed two or more servings of fruit daily
- Only 1 point if one serving of fruit was consumed daily
- \#19: if you consumed one or fewer alcoholic drinks per day (two or fewer alcoholic drinks per day if male) or did not consume alcohol
- \#20: if you consumed three or more servings of vegetables daily
- Only 1 point if one or two servings of vegetables are consumed daily
\#16: Average number of hours slept per night
Get 5 points if you slept eight hours or more on average per night
Get 3 points if you slept seven hours or more, but fewer than eight hours on average per night
\#18: Average number of hours spent sitting
Get 3 points if you sit fewer than six hours on average per day
Get 1 point if you sit six hours or more, but fewer than eight hours on average per day
\#21: Total amount of cardiorespiratory exercise (e.g., brisk walk, jog, etc.) per week
Get 5 points if you performed two and a half hours or more of cardiorespiratory exercise
Get 4 points if you performed two hours of cardiorespiratory exercise Get 3 points if you performed one and a half hours of cardiorespiratory exercise
Get 2 points if you performed one hour of cardiorespiratory exercise
Get 1 point if you performed 30 minutes of cardiorespiratory exercise


## Domain totals (maximum of $\mathbf{1 0}$ points per domain)

Connection points: sum item numbers: 1, 3, 5, 7, 9
Movement points: sum item numbers: 12, 18, 21
Substance use points: sum item numbers: 6, 14, 19
Recovery points: sum item numbers: $4,8,10,16$
Nutrition points: sum item numbers: 2, 11, 13, 15, 17, 20

## Lifestyle score equals the sum of all five domains ( 50 points total):

| Overall Lifestyle Score Interpretation |  |  |
| :--- | :---: | :---: |
|  | Interpretation | Overall Lifestyle <br> Score |
| This is an opportune time to <br> work with your provider to <br> help you adopt habits that <br> will significantly improve <br> your health. | Below <br> Average | $0-20$ |
| You have some great health <br> habits, though there is ample <br> opportunity to improve your <br> health and decrease your <br> disease risk. | Average | $21-30$ |
| You have many healthy <br> habits, though there are a <br> few areas that you should <br> assess your habits in to see <br> if you can improve them. | Very Good | $31-40$ |
| You're doing great, though <br> there are a few minor <br> tweaks to your lifestyle you <br> can make that will eead to <br> better overall health. | Excellent | $41-50$ |

