

Healthy Lifestyle Screening Tool

Please answer the following questions about what happened in the last 7 days.

Check the box that best corresponds to your answer for each of the following statements below.

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. I go outside for the sun at least 10 min a day.	1	2	3	4
2. I use a sun protection (sunscreen) properly.	1	2	3	4
3. I expose skin properly when I go out for sunlight.	1	2	3	4
4. I work(study) in a place where the amount of sunlight is good.	1	2	3	4
5. I drink and glasses of water daily.	1	2	3	4
6. I often feel thirsty.	1	2	3	4
7. I drink water during the meals.	1	2	3	4
8. I drink caffeinated drinks (coffee, tea, supplements, energy drinks, etc.).	1	2	3	4
9. I do deep breathing throughout the day.	1	2	3	4
10. I live in an area with clean air quality.	1	2	3	4
11. I keep indoor air quality clean.	1	2	3	4
12. I breathe through my mouth when hiking or exercising.	1	2	3	4
13. I sleep for 7 to 8 h.	1	2	3	4
14. I use electronic devices (TV, computer, or phone) for more than 3 h in the evening.	1	2	3	4
15. I do not exercise right before bedtime.	1	2	3	4
16. I go to bed early and wake up early.	1	2	3	4

	Strongly Disagree	Disagree	Agree	Strongly Agree
17. I exercise for more than 30 min every day.	1	2	3	4
18. I usually sweat when I exercise.	1	2	3	4
19. I enjoy physical activity whenever I have time.	1	2	3	4
20. When I work, I stay in one position for long period time.	1	2	3	4
21. My breakfast is the best meal of the day	1	2	3	4
22. I eat meals regularly.	1	2	3	4
23. I eat food slowly and chew it well.	1	2	3	4
24. I eat nutritionally balanced diet.	1	2	3	4
25. When I feel blue, I often overeat.	1	2	3	4
26. I did not drink alcohol for last 12 mo.	1	2	3	4
27. I keep a balance between work(study) and rest.	1	2	3	4
28. I did not smoke within last 6 mo.	1	2	3	4
29. I have a purpose of life.	1	2	3	4
30. I am hopeful about the future.	1	2	3	4
31. I feel loved by my family and friends.	1	2	3	4
32. I pray or meditate on a regular basis.	1	2	3	4
33. I maintain my weight properly.	1	2	3	4
34. My blood pressure is in the normal range.	1	2	3	4
Add all your values selected together - TOTAL:				