

LIVE LONG & HEALTHY?

Take the quiz and add up your score. That's the number of years you can expect to live above or below your life expectancy. These aren't the only factors that determine your longevity, but these are the ones you can control. Good luck.

Build	Athletic	Thin	Average	Overweight	Obese	Score
	5	3	0	-5	-10	_____
Exercise	Intense	Moderate	Periodic	Light	Sedentary	
	5	3	0	-3	-5	_____
Stress	None	Mild	Moderate	High	Constant	
	5	0	-1	-4	-7	_____
Sleep/hours	<6	6	7	8	>9	
	-3	0	1	2	-3	_____
Cholesterol	140	160	200	220	240	
	3	2	0	-3	-5	_____
Blood Pressure	110/60	120/80	140/90	160/100	170/120	
	3	0	-2	-3	-5	_____
Smoking	Quit 10+ years ago never			4		_____
	Quit within last 10 years			0		_____
	Smoke occasionally/second hand smoke			-3		_____
	1 Pack daily			-7		_____
	2 Pack daily			-12		_____
Drugs	Seldom			1		_____
	Some aspirin & OTC drugs			0		_____
	Heavy aspirin & OTC drugs			-4		_____
	Regular use of prescription drugs			-6		_____
	Heavy use of prescription drugs			-10		_____
Diet	Low fat no refined foods			5		_____
	Moderate fats/few refined foods			3		_____
	Typical fats/several refined foods			0		_____
	Few fruits & vegetables/mostly refined foods			-3		_____
	Fad diet			-5		_____
Breakfast	Everyday			1		_____
	Sometimes			0		_____
	None			-1		_____
	Coffee only			-2		_____
	Coffee & donut			-3		_____

Meals	3/day	2	Score
	2/day	0	
	Irregular	-2	
Alcohol	None/1	3	
	2	1	
	3-5	-3	
	>6	-7	
Happiness	Happy	4	
	Satisfied	1	
	Unsure about life	-1	
	Often unhappy	-2	
Depression	Usually unhappy	-4	
	None	1	
	Some family history but I feel fine	0	
	Mildly depressed	-1	
Anxiety	Is life worth living/depressed	-2	
	Seldom	1	
	Occasionally	0	
	Often	-2	
	Always	-4	
Relaxation	Panic	-6	
	Daily	3	
	Often	1	
	Seldom	-1	
Work	Usually tense	-2	
	Always tense	-5	
	Enjoy work	1	
	Work is okay	0	
Friendship	Dislike work	-1	
	Hate my job	-2	
	Close friends	1	
	Some friends	0	
	No good friends	-1	
	Don't like the people I'm with	-2	
	No friends	-3	
Total			