



Activity Lifestyle Checklist

Activity & Rest:

1. I am vigorously active for 30 minutes or longer each day (recreational sports, brisk walking...etc)
 Rarely Sometimes Always
2. Daily, I perform 30 minutes or more of activity each day (gardening, mowing lawn ...etc.)
 1x/week 3x/week 5x/week
3. Every night I sleep well and feel rested
 Never Sometimes Always
4. I can deal properly with the daily stresses in my life
 Never Sometimes Always
5. I am able to easily relax and find time for leisure activities
 Never Sometimes Always

Nutritional Lifestyle:

6. Everyday I eat a well balanced diet
 Never Sometimes Always
7. I often eat foods in excess of salt, sugar, saturated fats, and junk foods
 Always Sometimes Never
8. I maintain a healthy weight for my age and height requirements
 Never Sometimes Always
9. I smoke or consume tobacco-contaminated products
 Always Sometimes Never
10. I use recreational and/or prescription drugs
 Always Sometimes Never

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11. My alcohol consumption is limited to a little, moderate, or excessive amounts weekly
 Excessive Moderate Little

Behavioral Lifestyle:

12. I find that I am always in a hurry
 Always Sometimes Never

13. I feel that I am angry and hostile
 Always Sometimes Never

14. I am a positive and optimistic kind of individual
 Never Sometimes Always

15. I often feel tense or uptight
 Always Sometimes Never

16. I feel sad and depressed
 Always Sometimes Never

17. I enjoy and am satisfied with job or role in life
 Never Sometimes Always

_____ (1) + _____ (2) + _____ (3) Total = _____
50

Calculate your score by totaling up each column, multiply by the number in the bracket and then add up all three columns and multiply by 50 to attain your score

Scoring System:

0-34%	Need Improvement
35-54%	Fair
55-69%	Good
70-84%	Very Good

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