

# 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		



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