Lifestyle Medicine Assessment

For each category, think about the last 7 days and give yourself points (pts) if you…

Connectedness	Points
Felt your life had a sense of purpose (2 pts)	
Engaged in ≥2 spiritual or religious practices, such as meditation, prayer, church services, etc. (2 pts)	
Interacted with ≥1 club or organization, such as an athletic, community, or school group (2 pts)	
Spent ≥2 hours out in nature (2 pts)	
Visited or spoke to a close friend or family member on ≥3 separate occasions (2 pts)	
Section Total:	

Movement	Points
Performed cardiorespiratory exercise for 30 minutes; (brisk walk, jog, etc.)(1 pt for every 30 mins; max 5 pts)	
Performed a resistance training workout; (pushups, squats, etc.) (1 pt for each workout; max 2 pts)	
Spent <6 hours sitting daily on average (3 pts) **OR** <8 hours sitting daily on average (1 pt)	
Section Total:	

Substance Use	Points
Did not smoke, vape, or use tobacco/e-cigarettes (6 pts)	
Consumed ≤3 alcoholic drinks on any single day (≤4 drinks/day if male) (2 pts)	
Had ≤1 alcoholic drink any day alcohol was consumed (≤2 drinks/day if male) **OR** did not drink alcohol (2 pts)	
Section Total:	

Recovery	Points
Slept ≥8 hours on average per night (5 pts) **OR** slept ≥7 but <8 hours per night (3 pts)	
Woke up feeling refreshed and rested on most days (2 pts)	
Felt that you were able to manage and deal with stressors effectively most days (2 pts)	
Felt that you had enough time to take care of yourself most days (1 pt)	
Section Total:	

Nutrition	Points
Had ≥3 servings of vegetables daily (2 pts) **OR** had 1-2 serving of vegetables daily (1 pt)	
Had ≥2 servings of fruits daily (2 pts) **OR** had one serving of fruit daily (1 pt)	
Used olive oil as your primary oil or no oils (1 pt)	
Ate <4 meals from a sit-down or take-out restaurants (1 pts)	
Had ≤1 sweetened drink per week (juice, sweetened coffee or tea, soda, sports drinks) (2 pts)	
Had ≤1 packaged snack per day (chips, crackers, cookies, protein bars, candy, etc.) (2 pts)	
Section Total:	

Total Lifestyle Score: _____

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Now, shade in the total number of points for each respective category in the circle below.

