

# Healthy Habit Test

To find out just how healthy a lifestyle you lead, take this simple test. The results will help you determine which of your health habits, if any, need improvement.

## Directions:

Put a check beside each statement that applies to you, then tally your score at the end.

## Alcohol Use

(If you do not drink, tally 5 points for this category at the bottom of page.)

- I drink less than two drinks a day.
- In the past year, I have not driven an automobile after having more than two drinks.
- When I'm under stress or depressed, I do not drink more.
- I do not do things when I'm drinking that I later regret.
- I have never experienced any problem because of my drinking.

## Tobacco Use

(If you have never smoked, tally 5 points for this category at the bottom of page.)

- I have never smoked cigarettes.
- I haven't smoked cigarettes in the past year.
- I do not use any other form of tobacco (pipes, cigars, chewing tobacco).
- I smoke only low-tar and low-nicotine cigarettes.
- I smoke less than one pack of cigarettes a day.

## Blood Pressure

- I have had my blood pressure checked within the past six months.
- I have never had high blood pressure.
- I do not currently have high blood pressure.
- I make a conscious effort to avoid salt in my diet.
- There is not a history of high blood pressure in my immediate family.

## Weight and Body Fat Levels

- According to height and weight charts, my weight is average for my height.
- I have not needed to go on a weight reduction diet in the past year.
- There is no place on my body that I can pinch an inch of fat.
- I am satisfied with the way my body looks.
- None of my family or friends or health care professionals have ever urged me to lose weight.

## Physical Fitness

- I do some form of vigorous exercise for at least 30 minutes a day three times a week or more.
- My resting pulse is 70 beats a minute or less.
- I don't get fatigued easily while doing physical work.
- I engage in some recreational sport such as tennis or swimming on a weekly basis.
- I would say that my level of physical fitness is higher than most of the people in my age group.

## Stress and Anxiety

- I find it easy to relax
- I am able to cope with stressful events as well as or better than most people.
- I do not have trouble falling asleep or waking up.
- I rarely feel tense or anxious.
- I have no trouble completing tasks I have started.

## Automobile Safety

- I always use seat belts when I drive.
- I always use seat belts when I am a passenger.
- I have not had an automobile accident in the past three years.
- I have not had a speeding ticket or other moving violation for the past three years.
- I never ride with a driver who has had more than two drinks.

## Relationships

- I am satisfied with my social relationships.
- I have a lot of close friends.
- I am able to share my feelings with my spouse or other family members (or both).

- \_\_\_ When I have a problem, I have other people with whom I can talk it over.
- \_\_\_ Given a choice between doing things by myself or with others, I usually choose to do things with others.

**Rest and Sleep**

- \_\_\_ I almost always get between 7 and 9 hours of sleep a night.
- \_\_\_ It rarely takes longer than 20 minutes for me to fall asleep.
- \_\_\_ I wake up few, if any, times during the night.
- \_\_\_ I feel rested and ready to go when I get up in the morning.
- \_\_\_ Most days, I have a lot of energy.

**Life Satisfaction**

- \_\_\_ If I had my life to live over, I wouldn't make very many changes.
- \_\_\_ I've accomplished most of the things that I've set out to do in life.
- \_\_\_ I can't think of an area in my life that really disappoints me.
- \_\_\_ I am a happy person.
- \_\_\_ As compared to the people with whom I grew up, I feel I've done as well or better than most of them with my life.

**Scoring**

Record the number of checks (from 0 to 5) for each area. Then add up the numbers to determine your score.

- \_\_\_ Alcohol use
- \_\_\_ Tobacco use
- \_\_\_ Blood pressure
- \_\_\_ Weight and body fat levels
- \_\_\_ Physical fitness
- \_\_\_ Stress and anxiety
- \_\_\_ Automobile safety
- \_\_\_ Relationships
- \_\_\_ Rest and sleep
- \_\_\_ Life satisfaction
- \_\_\_ **TOTAL**



**Interpreting Your Score**

- A score of 40 to 50 indicates a healthier-than-average lifestyle.
- A score of 25 to 39 indicates an average lifestyle.
- A score of 0 to 24 indicates a below-average lifestyle (and need for overall improvement).
- A score of less than 3 in any one area indicates a need for improvement in that particular area.

Adapted from the following source:

John Cavendish, EdD, Assistant Professor of Health Education, West Virginia University, Morgantown, WV  
[www.acsu.buffalo.edu/~drstall/healthy\\_habit\\_test.html](http://www.acsu.buffalo.edu/~drstall/healthy_habit_test.html)  
[www.staloisius.com/documents/TheHealthyHabitTest.pdf](http://www.staloisius.com/documents/TheHealthyHabitTest.pdf)