

### How Healthy is Your Normal?

Many normal habits do not create health. Use the last two years as your frame of reference to account for all factors that may be working against you. Only 35 percent of us report that we would modify our lifestyle to improve our health IF (after) we are diagnosed with a chronic condition. But those who don't make time for wellness will need to make time for illness.

How often do you engage in or experience the following?	N (0)	R (1)	M (2)	W (3)	D (4)
<b>Irritating Foods and Chemicals</b>					
Smoke					
Spend time in an environment where you breathe or are exposed to toxins					
Drink soda pop, energy or non-carbonated sports drinks (diet or regular)					
Drink more than 1 serving of alcohol					
Consume lunch meat, bacon, sausage or other processed meat					
Eat sweet or salty processed snacks (cookies, crackers, pretzels, chips, candy, muffins, cake)					
Eat foods prepared in a restaurant or cafeteria with unknown ingredients					
<b>Poor Digestion</b>					
Heartburn, bloating, gas					
Constipation/diarrhea (irregular bowel movements)					
Stomach pain or upset					
<b>Autoimmune Response</b>					
Skin issues (breakouts, acne, rash, psoriasis, eczema)					
Congestion of the nose, sinuses or throat					
Symptoms of allergies and/or asthma					
Have colds; flu; ear infections; respiratory system, bladder or other infections					
Have pain or inflammation in joints, muscle, legs, feet, arms, hands, back or face					
<b>Subtotals</b>					

How often do you engage in or experience the following?	N (0)	R (1)	M (2)	W (3)	D (4)
<b>Medications</b>					
Self medicate with legal or illegal substances					
Take medication prescribed by a physician (for daily use or acute illness)					
Take at least dose of an over-the-counter medication					
<b>Stress</b>					
Feel irritable or agitated for longer than one hour					
Spend two or more hours/day watching television					
Skip an activity due to fatigue or low energy					
Sleep less than 7 hours/day					
Feel unhappy with life (job, obligations, marriage, self)					
Waste more than one hour/day on Internet or social media (read, post, surf, etc.)					
<b>Subtotals</b>					
<p>N(0) = Never (0 points)            R(1) = Rarely (1 point)            M(2) = Monthly (2 points)            W(3) = Weekly (3 points)            D(4) = Daily (4 points)</p> <p>Multiply the number of checkmarks by the number of points each column is worth to calculate the subtotals.</p>					

Add the subtotals for each column for your **final score**: \_\_\_\_\_

[Click here for results.](#)