**PERSONAL INVENTORY**

**How Healthy Are you?**

**Use this self-assessment form to examine your health status. It should help you evaluate how your choices and actions influence your health and wellness.**

**On a separate piece of paper, write YES or NO next to each statement to tell whether or not it describes you.**

**PHYSICAL HEALTH**

1. I get at least 8 hours of sleep each night.
2. I eat a well-balanced diet, including a healthful breakfast every day.
3. I wear a seat belt in cars and protective gear when bicycling or playing sports.
4. I keep my body, teeth, and hair clean.
5. I do not use tobacco, alcohol, or drugs.
6. I exercise regularly.
7. I do not skip meals or use harsh diet plans to try to lose weight.
8. I have regular check-ups with my doctor and dentist.
9. I am aware of hereditary illnesses within my family and take steps to protect my health.
10. I do not plan to engage in sexual activity before marriage.

**MENTAL/EMOTIONAL HEALTH**

1. I generally like and accept who I am.
2. I can accept helpful criticism.
3. I can express my feelings clearly and calmly, even when I’m angry or sad.
4. I do not blame others for my mistakes.
5. I accept that I will make mistakes, and I try to learn from them.
6. I can stand up for my own values.
7. I can face problems calmly.
8. I have at least one hobby that I enjoy.
9. I enjoy learning new information and acquiring new skills.
10. I feel that people like me.

**SOCIAL HEALTH**

1. I have at least one or two close friends.
2. I respect and care for my family.
3. I have a friendly, open attitude when I meet new people.
4. I work well in a group.
5. I feel that my friends know that I am truthful and dependable.
6. I can disagree without arguing.
7. I am willing to give and get support from others when needed.
8. I am a good listener.
9. I can confidently say no when people ask me to do something harmful or wrong.
10. I respect the right of others to have opinions that may differ from mine.

**Give yourself 1 point for every yet. Total the number of yes responses in each of the 3 areas. Then check your score with the following ranking:**

 **In each section, a score of: 9-10 is very good**

 **7-8 is good**

 **5-6 is fair**

 **\*If you score 0-4 in any section, you need to take a more active role in avoiding**

 **risk behaviors that can harm your health.**