

	NO	SOMETIMES	YES
I feel energetic and full of life.	1	2	3
I smoke.	3	2	1
I fall asleep easily and stay asleep.	1	2	3
I am tense and uptight.	3	2	1
I have few aches and pains.	1	2	3
I get more than an average number of colds and flus.	3	2	1
I have a good appetite and eat well.	1	2	3
I have a lot of headaches.	3	2	1
I try to stay fit by exercising at least three times a week.	1	2	3
I am overweight.	3	2	1
I get "down" a lot.	3	2	1
I drink alcohol to excess.	3	2	1
I am able to relax and take it easy.	1	2	3
I eat too many high fat/high cholesterol foods.	3	2	1
I am out of breath a lot.	3	2	1

My total score \_\_\_\_\_