longevity in action

lower your risks

# Group Activity: Personal Lifestyle Inventory

1. **How much total time do you spend moving your body during an average day (walking, exercising, doing physical work)?**

a) Less than one hour b) Between one and two hours c) Over two hours

1. **How many people did you share a face-to-face conversation with today that lasted longer than two minutes?**
2. None b) One or two c) Greater than three
3. **How many days last week did you learn something new or do something you’ve never done before?**
4. None b) Less than two c) Three or more
5. **Are you proud of your answer when someone asks how you spend your day?**

1. Not proud b) A little proud c) Very proud
2. **How many servings of fruit, vegetables, or nuts, do you eat *most* d*ays?***
3. Less than two b) At least three c) Five or more
4. **What is the difference between your current weight and what you weighed at age 18?**

1. Plus 20 lbs. or more b) About plus 15 lbs. c)10 lbs. or less
2. **How many times today did you feel in a rush?**
3. Three or more b) One or two c) None
4. **How much do you worry?**
5. A lot b) Some, but it’s under control. c)Very little. It’s a waste of time.
6. **How often are you thinking about things other than what you’re currently doing?**
7. Often b) Sometimes c) Hardly ever
8. **Are you pleased with the quality of your sleep?**
9. Not at all b) Somewhat c) Very pleased

**11.** **How many times did you laugh today (not just smile, but laugh for longer than two seconds)?**

1. None b) Once c) Two or more

**12. How long has it been since you last interacted with a child?**

1. Months or years b) Weeks c) Days

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Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What did I observe about myself following this meditation?”

“Am I feeling more mindful and relaxed?”

“Is this supporting my efforts to lower personal health risks?”

**Consider how you would complete these statements:**

 “I feel \_\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“We are what we repeatedly do. Excellence, then, is not an act but a habit.”*

- Aristotle

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