

# Lifestyle Medicine Vital Signs

## Nourishment

Rate the quality of the food you put into your body on a daily basis

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Movement

Rate how often and for how long you move your body on a daily basis

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Connectedness

Rate how well you stay connected with family, friends and your higher power

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Sleep

Rate the quality of your sleep

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Happy self

Rate how often and for how long you perform positive practices (gratitude, virtue awareness, meditation, prayer, etc.)

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Resilience

Rate how well you are able to manage stress in your life

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Green and Blue

Rate how often and how long you spend in nature or outdoors

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Screen time

Rate how happy you are with your current amount of screen time

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Substance use

Rate how comfortable you are with any current substance use (smoking, alcohol, drugs)

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10

## Purpose

Rate how well you feel you are fulfilling your passion, purpose or vocation in life

—  —  —  —  —  —  —  —  —

1      2      3      4      5      6      7      8      9      10