PERSONAL WELLNESS PROFILE™

Advantage

PRINT NAME AND A	DDRESS CLE	ARLY
Name (First, Last)		
Address		
City	State	Zip
Email		
	Vork Phone	
Company Name		
Physician Name	Today's D	ate

				LA:	ST	NAI	ΜE	- 0	NE	SP.	ACI	E - I	FIR	ST	NA	ME				
(A)	(A)	A	A	A	(A)	A	(A)	A	(A)	A	(A)	(A)	(A)	A	(A)	A	(A)	A	A	(A)
B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B
0	©	©	©	C	©	C	©	C	©	C	©	C	©	C	©	C	©	©	©	C
◐	(D)	◐	D	◐	(D)	◐	(D)	D	(D)	◐	(D)	(D)	(D)	◐	(D)	◐	(D)	◐	(D)	◐
Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ
Ē	Œ	Œ	Œ	Ē	Ē	Ē	Œ	Œ	Ē	Ē	Ð	Œ	Œ	Ē	Œ	Ē	Œ	Œ	Œ	Œ
G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	
Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	Œ	P	Œ	Œ
0	(①	①	①	①	①	(①	①	①	(①	(1)	①	(1)	D	(D	①
①	((J)	((J)	(J)	(J)	((J)	(J)	(J)	(J)	①	J	(J)	(J			Ī		(J)
													V					D		
																	0			
(M)	W	(M)	W	(M)	(M)	(M)	W	W	(M)		W	(M)	D			W	C	W	W	ⅆ
(N)	N	N	(N)	(N)	(N)	(N)	N	(N)	5	(N)	(N)	(N)	(I)	W	7	W	N	N	N	N
0	0	0	0	0	0	0	0	0				2	@	3	0	0	0	0	0	0
Ð	P	P	P	P	P	P	P	P	P	P	P	D	P	P	P	P	P	P	P	Ð
@	0	@	0	@	@	@	0	@	@		0	@	@	@	@	@	0	@	0	@
®	R	R	R	®	®	®	R	R	®	®	R	®	®	®	®	®	R	R	R	®
S	S	S	S	S	S	S	S	S	S	S	S	S	(3)	S	(3)	S	S	S	S	\odot
◐	1	Œ	1	◐	1	◐	1	Œ	1	◐	1	◐	1	◐	1	◐	1	Œ	1	◐
(1)	(1)	(II)	(U)	(II)	(1)	(II)	(1)	(U)	(1)	(II)	(1)	Ѿ	(1)	(II)	(1)	(II)	(1)	(II)	(II)	Ѿ
W	(V)	(V)	V	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	(V)	W
W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W
(X)	(X)	(X)	(X)	(X)	(X)	(X)	(X)	Ø	(X)	(X)	(X)	(X)	\otimes	(X)	\otimes	(X)	(X)	(X)	(X)	(X)
(Y)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	9
Ø	(Z)	Ø	(Z)	Ø	(Z)	Z	(Z)	Z	(Z)	Z	(Z)	Z	(Z)	Z	(Z)	Z	Z	Ø	(Z)	Ø

	P	ER	so	NA	L IC) (I	no (das	hes	s)			•	GRO	OUF		NU	JME	BEF	8
		1		ı .		ı .	ı .	ı .		ı .										
0	0	0	0	0	0	0	0	0	0	0	0		0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1	1	1		1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2		2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3		3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4		4	4	4	4	4	4	4	4
(5)	(5)	⑤	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	⑤		(5)	(5)	5	<u>(5)</u>	(5)	(5)	(5)	(5)
6	6	6	6	6	6	6	6	6	6	6	6		6			6	6	6	6	6
7	7	7	7	7	7	7	7	7	7	7	7		7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8	8	8		8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9		9	9	9	9	9	9	9	9
© 2	007	w w	ells	our	ce.	Inc.	. A	dl ri	ahts	s re	ser	ved								

MARKING INSTRUCTIONS

- · Use a No. 2 pencil only.
- Do not use ink, ballpoint, or felt-tip pens.
- Make solid marks that fill the bubble completely.
- Erase cleanly any marks you wish to change.
- · Make no stray marks on this form.

CORRECT:

INCORRECT:

✓ 🌣 👄

•

HE	IGI	ΗT	W	EIG	ΗТ			A	AGE		
ft	i	n		lbs				У	ear	s	m
		0		0	0				0	0	
	1	1	1	1	1			1	1	1	Œ
		2	2	2	2				2	2	
		3	3	3	3				3	3	
4		4	4	4	4				4	4	
(5)		(5)	(5)	F	3)				5	5	
6		6	6	6					6	6	
7		7	7	7			D		7	7	
8				<u>-</u> ঞ	8) '			8	8	
					9				9	9	

		BII	₹ТЬ	IDA	ΤE		
mc	nth	da	ay		ar		
	0		0		0	0	0
1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3		3	3	3
	4		4		4	4	4
	5		5		5	(5)	(5)
	6		6		6	6	6
	7		7		7	7	7
	8		8		8	8	8
	9		9		9	9	9

- 1. Gender.
- ① male
- ② female
- pregnant
- 2. Race/Ethnicity.
 - White/Caucasian
 - n 🐠 Asian
 - ② African American
- ⑤ Native American
- 3 Hispanic/Latino
- Other

HEALTH HISTORY

4. Personal health history. Mark any health condition your doctor has told you that you have.

- a. ① allergies
- b. 1 asthma
- c. 1 arthritis
- d. ① chronic back pain
- e. ① chronic lung disease (COPD)
- g. ① broken bones/stress fractures in last 10 years
- h. ① coronary heart disease, angina (with or without coronary by-pass surgery or angioplasty)
- i. cancer (other than skin cancer)
- j. ① diabetes (high blood sugar)
- k. ① stroke or restricted blood flow to head or legs

PLEASE DO NOT WRITE IN THIS AREA

[SERIAL]

MEDICAL CARE 5. Overall Health. In general would you say it is:	?
① excellent ② very good ③ good	1 serving = 1 slice whole-wheat bread; 1/2 C cooked oatmeal, brown rice, or other whole-grain cereal; 2/3 C ready-to-eat whole-grain cereal
4 fair 5 poor	00 11 22 33 44 55 66+
6. Preventive health tests. Have you had the following	45 Equito How many ouns do you got deily?
recommended preventive exams?	15. Fruits. How many cups do you eat daily? 1 cup equivalents: 1 medium apple, orange, banana; 1 C berries or cut
1 - yes 2 - no (skip if not applicable to your age & gender)	fresh fruit; 1/2 C cooked fruit; 3/4 C (6 oz) 100% fruit juice
a. ① ② physical exam within last 1-2 years	©0 11/2 21 311/2 42 521/2 63 731/2 84+
b. ① ② blood pressure check within last 1-2 years	00 01/2 21 31 1/2 42 32 1/2 33 7/3 1/2 34+
c. 1 2 cholesterol check within last 2-5 years	16. Vegetables. How many cups do you eat daily?
d. 1 2 dental exam within last year	1 C raw or cooked veggies, 2 C salad greens, 1 C (8 oz) veg. juice
·	00 11/2 21 311/2 42 521/2 63 731/2 84+
e. ① ② prostate exam within last 1-2 years (men age 50+) f. ① ② bowel exam within last 5-10 years (age 50+)	00 01/2 21 31 1/2 4/2 32 1/2 33 7/3 1/2 34+
•	17 Protein How many convince do you get daily?
g. 1 2 annual flu immunization (age 65+)	17. Protein. How many servings do you eat <u>daily</u> ? 1 serving = 2 oz lean meat, fish, or poultry; small hamburger, 1 hot
h. 1 2 pneumonia immunization in last 10 yrs. (age 65+)	dog 1 heef taco 2 luncheon meat slices 2 eggs: plant proteins:
i. ① ② PAP test in last 1-3 years (Norman) CTIVITY	eek do you
j. 12 mammogram in last 1-2 years (women age 4@gcn w	reek do you
get at least 30 minutes of moderate to vigorou	· ·
7. Commorabtivity? tesas briblianulyjogucyusing lavabies hard ph	
1 - normal	18. What kind of protein foods do you eat most often?
2 - moderately elevated (between normal and high)	1 high-fat meats 2 low-fat meats 3 plant proteins
3 - high	10 Fee Milest lived de very verelle ve o
4 - don't know normal high	19. Fats. What kind do you usually use?
1. ① ② ③ ④ glucose - fasting (<100) (126+)	butter, stick margarine, shortening, meat drippings
2. 1 2 3 4 blood pressure (<120/80) (140/90+)	② trans fat-free margarine, veg. oils, or no added fats
3. 1 2 3 4 cholesterol (<200) (240+)	③ use both about the same
8. Medications. Mark medications you take regularly.	20. Dairy. How many servings do you eat <u>daily</u> ?
1. ① blood pressure lowering	1 serving = 1 C milk or yogurt, 1 slice (1 oz) cheese, 1/2 C cottage cheese, 1 C fortified soymilk
2. ① cholesterol lowering	
 medication for diabetes / high blood sugar 	00 11 22 33 44 55 66+
9. Sick days. How many days did you miss from	21. Nuts/Seeds. How many servings do you eat weekly?
work (or school) due to illness or injury in the past	1 serving = 1/2-1 oz nuts (e.g., almonds, cashews, peanuts) or
12 months?	seeds (e.g., sunflower, pumpkin) or 2 T nut butter
00 11 22 33 44 55 66 77 88 99+	00 11 22 33 44 55 66+
	22. Sweets. How many servings do you eat daily?
10. Exercise days. How many days	1 serving = 3-4 T sugar, 2 T syrup or jelly, 8 oz soft drink, or desserts
	(e.g., candy, cookie, 1/2 C ice cream, 1 sm. piece cake or pie)
	00 11 22 33 44 55+
©0 ①1 ②2 ③3 ④4 ⑤5 ⑥6 ⑦7	
	23. Water. How many cups do you drink daily?
11. Strength exercises. How many days each week	©0 11 22 33 44 55 66 77+
do you do strength-building exercises for 15-30+	
minutes? (e.g., weight lifting, pushups, crunches)	24. Salt. How much salt do you use?
①0 ①1 ②2 ③3+	 use salt sparingly and limit salty foods
	don't think about limiting salt or salty foods
12. Stretching exercises. How many days each week	③ like salt - often salt foods or eat salty foods
do you do stretching exercises? (e.g., yoga, pilates)	
<u></u>	25. Supplements. Mark any you take daily.
	① Calcium ① Vitamin B12
EATING PRACTICES	Vitamin DMultivitamin/mineral
13. Breakfast. How often do you eat a healthy	
breakfast?	SUBSTANCE USE
① seldom ② occasionally ③ daily or most days	26. Smoking status.
. ,	① never smoked ② quit smoking ③ presently smoke

27. Secondhand smoke. Are you often exposed to other people's smoke at home or work?yesno	40. Relax. Do you take time to relax/have fun daily?seldomsometimesmost of the time
28. Alcohol. How many drinks do you have <u>a week?</u> 1 drink = 12 oz beer, 5 oz wine, or 1.5 oz liquor	41. Energy. How much energy do you have during a typical day?1 high energy 2 adequate energy 3 often tired
 none 1-3 24-7 38-14 415-21 522+ 29. Drugs. How often do you use drugs (including prescriptions) that affect your mood or help you relax? 1 rarely or never 2 occasionally 3 almost every day 	 42. Satisfaction. In general, how satisfied are you with your life? ① very satisfied and happy ② mostly satisfied ④ dissatisfied/unhappy
30. How many kinds of drugs (including prescription and over-the-counter) did you take in the past month? ① 0 ① 1 ② 2 ③ 3 ④ 4 ⑤ 5 ⑥ 6 ⑦ 7 ⑧ 8+ MENTAL/SOCIAL HEALTH Stress. Questions 31-33 are based on the following	 43. Social support. Mark ALL that apply to you. I'm married or have a significant other I make frequent contacts with family and friends I regularly participate in a faith group I regularly participate in a social club
definition of stress: "feelings of tension, irritablility, and anxiety often resulting in difficulty sleeping."	44. Sleep. How many hours of sleep do you usually get daily? 1 less than 6 26 - 6.9 37 - 8 4 more than 8
31. How often do you have feelings of stress at work? ① never ③ often	SAFETY
2 sometimes 4 permanent or continual stress	45. Seat belts. When riding in a car, what percentage of the time do you wear a seat belt?
32. How often do you have feelings of stress at home?	© 0 © 25% © 50% © 70% 4 90% © 100%
1 never2 sometimes3 often2 permanent or continual stress	46. Child safety seats. When children ride in your
33. How much stress do you feel over finances?	car, are they always buckled into an approved child safety or booster seat?
① little or none ② moderate ③ high or severe	① yes ② no ③ does not apply
34. Traumatic life events. How many traumatic life events have you experienced in the last year , such as loss of a loved one, divorce, loss of job, financial crisis, severe conflict, violence, major illness, or other event? ① 0 ① 1 ② 2 ③ 3+	47. Drinking and driving. How many times in the last 6 months did you drive within an hour of having 2+ drinks, or ride with another driver who had? ① 0 ① 1 ② 2 ③ 3 ④ 4 ⑤ 5 ⑥ 6 ⑦ 7 ⑧ 8+
	48. Smoke alarm. Does your home have a working
35. Outlook. How do you see your years ahead?I do not look forward to what lies ahead of me	smoke alarm near your sleeping area(s)? ① yes ② no
 I'm not sure what the future holds for me I'm hopeful and expect things to work out well for me Control. What happens in my life is controlled by: my choices mostly outside influences 	49. Driving. How many miles per week do you usually drive or ride with others (average is 225 miles/week)? 1 high mileage 2 average mileage 3 low mileage (more than 225 miles/week) (below 225 miles/week)
2 partly my choices 4 I have no control, feel trapped	
37. Happiness. All in all, how happy are you?① unhappy② pretty happy③ very happy	50. Lifting. When lifting heavy objects, do you use correct lifting technique (keep object close to body, bend at the hips and knees, keep back upright, maintain normal curve of back, lift with legs)?
38. Mood. Have you felt down, depressed, hopeless, or have little interest or pleasure in doing things for 2	① always ② sometimes ③ seldom or unsure
or more weeks in the past month? ① yes ② no	51. Sun. Are you careful to limit excess sun exposure and avoid sunburns?
39. Functioning. Have your feelings caused you	① always ② sometimes ③ seldom or unsure
significant distress or impaired your ability to function socially at work or school, or within your circle of friends? 1 yes 2 no	52. Helmets. Do you always wear a helmet when riding a motorcycle, cycling, skiing, inline skating, etc.?yes ② no ③ does not apply

53. (Optional question). Are you careful to use safe	Healt	n le	SIS	(Sta	att us	se o	nıy - op	itionai)
sexual practices to prevent unintended pregnancies and	BODY C	OMP		RD	AND PL	II SE	BI OC	D TESTS
STDs (no sexual contact, always use condoms, or relations with								D ILOIO
only one uninfected, mutually faithful partner)?	known cir % fat in	vaist cum. ches			ressure	_	Ŭ I HbA1d	PSA
① always ② most of the time ③ seldom or never	70 Ial In	cnes	sys	tolic	diastoli	c pul	se	
IOD CATISTACTION			<u> </u>	D (D)				
JOB SATISFACTION	000							
54. Work life. How satisfied are you with your work life?	000							
 very satisfied somewhat dissatisfied 	222							
② mostly satisfied	333						0 3 3 3 6	
	4 4 4						0 4 4 4	
55. Productivity. During the past 4 weeks at work,	555						00000	
how many <u>days</u> did poor physical or mental health	666						0000	
result in decreased productivity?	000							
00 11 22 33 44 55 66 77 88 99+	888						0 8 8 8	
	999	99	9	99	999	9 9 9	0999	9999
56. Limitations. By how much was your work				DI.	OOD TE	стс		
output (productivity) generally impaired/decreased?					OOD TE			
① none ① a little, 5% ② moderately, 15% ③ a lot, 30%		cho	lester	ol			o nonfastir	ng
	total		HPL		LDL	tr	iglycerides	glucose
57. Health culture. Rate your organization's interest in								
employee health and in creating a healthy work place?	\bigcirc	0	T T	<u>ا</u> او	000			000
① excellent ② good ③ fair ④ poor	DC D	0	.)(D	10 10 1	D C	0000	1011
	26	2	2	2)	223	2) (2	0000	222
READINESS TO CHANGE	3	D	333	3)	333	3 3	0333	333
58. Are you planning to make lifestyle changes in the	J 4 4		4 4	Ð	440	4) 4	444	444
following areas?	555	5	5 (5)	5)	5 5	5 6	0 5 5	555
1 - no present interest in making a change	6 6	6	6 6	<u></u>	666	<u></u>	0666	666
O mlan a shange in the mout Compaths			700	-	777	7 7	0000	000
2 - plan a change in the next 6 months	777			ω	000			
	888		3 3 6	_	888		3000	388
3 - plan to change this month		3		8)		8 8	0000	333
3 - plan to change this month 4 - recently started loing this	888 999	(B) (C)	333	3 9	333	8 (8 9 (9	0888	333 999
3 - plan to change this month 4 - recently started ping this 5 - already of this regularly (i.e., ast 6 mos.)	888 999	3	333	3 9	333	8 (8 9 (9	0000	333
3 - plan to change this month 4 - recently started loing this 5 - already this regula by (it ast 6 mos.) a. 1 2 3 4 5 be physic 9	8 8 8 9 9 9 FIT	® (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	8 8 6 9 9 0	® © G	8 8 G	ONE I	3 8 8 8 9 9 9 9 9 MILE WALK	333 999
3 - plan to change this month 4 - recently started oing this 5 - already this regula by (it ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good ear ig habits	8 8 8 9 9 9 FIT flex 26 cm.	® (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	B B G B G B G B G B G B G B G B G B G B	grip streng	8 8 G	8 (8 9 (9	MILE WALK	3 3 3 3 3 9 9 9 METs
3 - plan to change this month 4 - recently started oring this 5 - already in this regularly (it ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good earing habits c. 1 2 3 4 5 avoid smoking or using tobacco	8 8 8 9 9 9 FIT	® (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	8 8 6 9 9 0	® © G	8 8 G	ONE I	3 8 8 8 9 9 9 9 9 MILE WALK	3 3 3 3 3 9 9 9 METs
3 - plan to change this month 4 - recently started oing this 5 - already of this regularly (i.e. ast 6 mos.) a. 1 2 3 4 5 be physic 3 b. 1 2 3 4 5 practice good earing habits c. 1 2 3 4 5 avoid smokil gror using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight	8 8 8 9 9 FIT flex 26 cm. at footline	® (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	B (B) (B) (B) (B) (B) (B) (B) (B) (B) (B	grip kg	(3) (3) (3) (4) (4) (4) (4) (4) (4) (4) (4) (4) (4	ONE I	0 8 8 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 3 3 3 METs METs= VO2/3.5
3 - plan to change this month 4 - recently started ping this 5 - already this regulably (it ast 6 mos.) a. 1 2 3 4 5 be physic 3 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokic or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 cope better with stress	(3) (3) (3) (3) (3) (4) (4) (4) (4) (4) (4) (4) (4) (4) (4	® () () () () () () () () () (8 8 6 9 9 9 0 ESTIN push- ups #	grip streng kg	(3) (3) (4) (4) (4) (4) (4) (4) (4) (4) (4) (4	ONE I	8 8 8 8 9 9 9 9 9 9	3 8 8 3 3 9 9 METs METs= VO2/3.5
3 - plan to change this month 4 - recently started oing this 5 - already this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 3 b. 1 2 3 4 5 practice good earigh abits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 cope better with stress f. 1 2 3 4 5 lower or maintain healthy cholesterol level	8 8 8 9 9 9 FIT flex 26 cm. at footline	NESS T Curl- ups #	8 8 0 9 9 0 ESTIN Dush- ups #	grip kg	(B) (B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	ONE I Exercise HR	8 8 8 8 9 9 9 9 9 9	3 8 8 3 3 9 9 9 METs METs= VO2/3.5
3 - plan to change this month 4 - recently started oing this 5 - already this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 cope better with stress f. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure	8 8 8 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NESS T Curl- ups # 0 0 0 0	3 8 0 9 9 0 ESTIN oush- ups #	grip streng kg	8 8 0 9 9 0 tth	ONE I ON	MILE WALK time min: sec 0 0 0 0 0 0 2 2 2 2	3 8 8 3 3 9 9 9 METs METs= VO2/3.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
3 - plan to change this month 4 - recently started oing this 5 - already this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 cope better with stress f. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 avoid alcohol or drink in moderation	8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(3) (4) (5) (7) (7) (7) (7) (7) (7) (7) (8) (8) (9) (9) (9) (9) (9) (9) (9) (9) (9) (9	B B G B G B G B G B G B G B G B G B G B	grip streng kg	8 8 0 9 9 0 th	ONE I Exercise HR O 0 0 O 0	S S S S S S S S S S	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
3 - plan to change this month 4 - recently started oing this 5 - already this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 cope better with stress f. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure	\$ 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	(3) (4) (4) (5) (7) (8) (8) (9) (9) (9) (9) (1) (1) (2) (2) (4) (4) (4) (4) (5) (6) (7) (7) (7) (8) (8) (8) (9) (9) (9) (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	ESTIN Oush-ups # # # # # # # # # # # # # # # # # # #	grip kg 0 0 0 1 0 2 2 3 3 4 4	(3) (3) (4) (4) (5) (5) (7) (7) (7) (7) (7) (7) (7) (7) (7) (7	ONE I EXERCISE HR O 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 8 8 8 9 9 9 9 9 9	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started ping this 5 - already this regulatly (it. ast 6 mos.) a. 1 2 3 4 5 be physic 3 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 cope better with stress f. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or drink in moderation i. 1 2 3 4 5 live an overall healthy lifestyle	\$ 8 8 9 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(3) (4) (4) (5) (5) (7)	B B B G B G B B B B B B B B B B B B B B	grip streng kg 0 0 0 1 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0	8 8 0 9 9 0 th	ONE I EXERCISE HR O () () () () () () () () () () () () ()	MILE WALK time min:sec 0 0 0 0 0 0 0 1 1 0 0 0 2 2 2 0 0 3 3 3 0 0 4 4 4 4 0 0 5 5 5 5	3 3 3 3 METs METs= VO2/3.5 0 0 0 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1
3 - plan to change this month 4 - recently started oing this 5 - already this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 3 b. 1 2 3 4 5 practice good earigh abits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure avoid alcohol or drink in moderation i. 1 2 3 4 5 live an overall healthy lifestyle	8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	B B G B G B G B	grip ttreng kg	8 8 0 9 9 0 th	ONE I Exercise HR 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	MILE WALK time min:sec 0 0 0 0 0 0 0 1 1 0 0 0 2 2 2 0 0 3 3 3 0 0 4 4 4 0 0 5 5 5 5 0 0 6 6 6 6	3 8 8 3 3 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regulatly (it. ast 6 mos.) a. 1 2 3 4 5 be physically or using tobacco be practice good early habits avoid smokicy or using tobacco be described by the stress forms of the stress forms	8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	B B G B G B G B G B G B G B G B G B G B	grip grip (grip (g	8 8 0 9 9 0 th 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	ONE I Exercise HR O () () () () () () () () () () () () ()	MILE WALK time min:sec 0 0 0 0 0 0 1 0 0 0 2 2 2 0 0 3 3 3 3 0 4 4 4 6 0 5 5 5 6 0 6 6 6 6	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regulatly (it. ast 6 mos.) a. 1 2 3 4 5 be physically or using tobacco be practice good ear ighabits avoid smokically or using tobacco be using toba	8 8 8 9 9 9 FIT flex 26 cm. at footline	8 (9 (9 (9 (9 (9 (9 (9 (9 (9 (9 (9 (9 (9	B B G B G B G B G B G B G B G B G B G B	grip grip (grip (g	8 8 0 9 9 0 th 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	ONE I Exercise HR ONE I ONE	MILE WALK time min: sec 0 0 0 0 0 0 1 0 0 0 2 2 2 0 0 3 3 3 3 0 4 4 4 4 0 5 5 5 5 0 6 6 6 0 7 7 7 7 0 8 8 8 8	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regulatly (it. ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy lifestyle HEALTH INTERESTS 59. 1 Do NOT notify me of health promotion opportunities. 60. Mark any of the following health improvement opportunities of which you would like to be notified if available.	8 8 8 9 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	B B G B G B G C ESTIN Dush- ups # D O G C G C G C G C G C G C G C G C G C G C	grip grip kg grip (https://doi.org/10.1001) grip (https://do	th	ONE I Exercise HR ONE I ONE	MILE WALK time min:sec 0 0 0 0 0 0 1 0 0 0 2 2 2 0 0 3 3 3 3 0 4 4 4 6 0 5 5 5 6 0 6 6 6 6	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokilly or using tobacco d. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 cope better with stress f. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy lifestyle HEALTH INTERESTS 59. 1 Do NOT notify me of health promotion opportunities. 60. Mark any of the following health improvement opportunities of which you would like to be notified if available. 1 nutrition/healthy eating 1 reducing coronary risk	\$ 8 8 8 9 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	B B G B G B G C ESTIN Dush- ups # D O G C G C G C G C G C G C G C G C G C G C	grip grip (grip kg) (grip	**************************************	ONE I Exercise HR ONE I ONE	MILE WALK time min:sec 0 0 0 0 0 0 0 1 1 0 0 0 2 2 2 0 0 3 3 3 0 0 4 4 4 0 0 5 5 5 6 0 6 6 6 6 0 7 7 7 0 0 8 8 8 8	3 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oring this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 9 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 avoid smokicy or using tobacco d. 1 2 3 4 5 cope better with stress f. 1 2 3 4 5 lower or maintain a healthy weight e. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy lifestyle HEALTH INTERESTS 59. 1 Do NOT notify me of health promotion opportunities. 60. Mark any of the following health improvement opportunities of which you would like to be notified if available. 1 nutrition/healthy eating 1 reducing coronary risk 1 weight management 1 reducing cancer risk	\$ 8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	B B G B G B G C ESTIN D G G C G C G C G C G C G C G C G C G C G	grip grip kg grip (kg grip kg grip kg grip kg grip grip kg grip grip grip grip grip grip grip gri	8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	ONE I Exercise HR 0 0 0 1 1 1 1 2 2 2 3 3 3 3 4 4 4 4 5 5 6 6 6 6 7 7 7 7 8 8 8 8	MILE WALK time min:sec 0 0 0 0 0 0 0 1 1 1 0 0 2 2 2 0 0 3 3 3 0 0 4 4 4 0 0 5 5 5 5 0 6 6 6 6 0 7 7 7 0 0 8 8 8 8 0 9 9 9 0	3 3 3 3 3 4 4 4 4 5 5 5 6 6 6 7 7 7 7 8 8 8 8 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regula by this regul	\$ 8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	B B G B G B G C ESTIN Dush- ups # D O G C G C G C G C G C G C G C G C G C G C	grip grip treng kg	**************************************	ONE I Exercise HR ONE I TO	MILE WALK time min: sec 0	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regula by this regul	8 8 8 9 9 9 FIT flex 26 cm. at footline	(B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	B B G B G B G B G B G B G B G B G B G B	grip grip grip grip grip grip grip grip	8 8 6 9 9 6 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	ONE I Exercise HR O () () () () () () () () () () () () ()	MILE WALK time min: sec 0 0 0 0 0 0 1 0 0 0 2 2 2 0 3 3 3 3 0 4 4 4 4 0 5 5 5 5 0 6 6 6 0 7 7 7 7 0 8 8 8 8 0 9 9 9 9	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regula by this regul	8 8 8 9 9 9 FIT flex 26 cm. at footline	8	B B G B G B G B G B G B G B G B G B G B	grip grip kg kg	**************************************	ONE I Exercise HR ONE I ONE	MILE WALK time min: sec 0 0 0 0 0 0 1 1 0 0 2 2 2 0 3 3 3 3 0 4 4 4 4 0 5 5 5 5 0 6 6 0 0 7 7 7 7 0 8 8 8 8 0 9 9 9 9 11. 1 2 0 12. 1 2 0 13. 1 2 0	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regulatly (it ast 6 mos.) a. 1 2 3 4 5 be physic 3 b. 1 2 3 4 5 practice good ear ig habits c. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 lower or maintain a healthy weight e. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy lifestyle HEALTH INTERESTS 59. 1 Do NOT notify me of health promotion opportunities. 60. Mark any of the following health improvement opportunities of which you would like to be notified if available. 1 nutrition/healthy eating 1 reducing coronary risk 1 weight management 1 reducing cancer risk 2 group fitness class 1 alcohol/drug help 3 walking group 1 medical self-care 4 to cholesterol reduction 1 stress reduction	8 8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	B B G G G G G G G G G G G G G G G G G G	grip grip kg grip (kg) grip (kg	**************************************	ONE I Exercise HR ONE I ONE	S S S S S S S S S S	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regula by this regul	8 8 8 9 9 9 FIT flex 26 cm. at footline	(B) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	B B G G G G G G G G G G G G G G G G G G	grip grip kg grip (kg) grip (kg	**************************************	ONE I Exercise HR ONE I ONE	MILE WALK time min: sec 0 0 0 0 0 0 1 1 0 0 2 2 2 0 3 3 3 3 0 4 4 4 4 0 5 5 5 5 0 6 6 0 0 7 7 7 7 0 8 8 8 8 0 9 9 9 9 11. 1 2 0 12. 1 2 0 13. 1 2 0	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regula by this regu	8 8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B B G G G G G G G G G G G G G G G G G G	gripp threngy kg grip (s) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	th	ONE I Exercise HR O O O O O O O O O O O O O O O	MILE WALK time min: sec 0	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started ' ping th's 5 - already this regula by (n ast 6 mos.) a. 1 2 3 4 5 be physic 3 b. 1 2 3 4 5 practice good early habits c. 1 2 3 4 5 lose weight or maintain a healthy weight e. 1 2 3 4 5 lower or maintain a healthy weight e. 1 2 3 4 5 lower or maintain healthy cholesterol level g. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy blood pressure h. 1 2 3 4 5 lower or maintain healthy lifestyle HEALTH INTERESTS 59. Do NOT notify me of health promotion opportunities. 60. Mark any of the following health improvement opportunities of which you would like to be notified if available. 1 nutrition/healthy eating 1 reducing coronary risk weight management 1 reducing cancer risk group fitness class 1 alcohol/drug help walking group 1 medical self-care cholesterol reduction 1 healthy back blood pressure reduction 2 stress reduction reducing diabetes risk 1 women's health issues men's health issues 1 dealing with depression 61. Notification. What is your preferred contact method?	8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8	B B G B G B G B G B G B G B G B G B G B	grip (sq. 1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	8 8 6 9 9 6 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	ONE I CONE I CON	MILE WALK time min: sec 0 0 0 0 0 0 0 1 1 1 0 0 2 2 2 0 0 3 3 3 3 0 4 4 4 4 0 5 5 5 5 0 7 7 7 7 0 8 8 8 8 0 9 9 9 9 11. 1 2 0 12. 1 2 0 14. 1 2 0 15. 1 2 0 me to conta	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9
3 - plan to change this month 4 - recently started oing this regula by this regu	8 8 8 9 9 9 FIT flex 26 cm. at footline 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B B G B G B G B G B G B G B G B G B G B	grip grip grip grip grip grip grip grip	8 8 6 9 9 6 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	ONE I Exercise HR O 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	MILE WALK time min: sec 0	8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9

PLEASE DO NOT WRITE IN THIS AREA

[SERIAL]