

Name \_\_\_\_\_ Hour \_\_\_\_\_ Date \_\_\_\_\_

### LONGEVITY QUIZ

The average life expectancy in the US is 77.8 years.  
Take the following quiz to calculate what your life expectancy is:

Item	Question	Write Your Number Answer
Gender	Female	+7
	Male	0
Blood Pressure	Don't know	-1
	High, not treated	-3
	Family history	-1
	Check regularly	+1
Weight	Under or overweight	-1
	Obese	-3
	Healthy weight	+4
Family History	Cancer in family	-2
	Heart Disease	-2
	Stroke	-2
	None of the above	+2
Smoking	You smoke	-5
	Second hand smoke	-1
	None of friends smoke	+2
Exercise	30 minutes daily	+5
	Occasionally	+2
	Never	-2
Stress	Stressed out, not managed	-3
	Occasionally stressed, not managed	-3
	Use relaxation technique	+2
Driving	Have a license	-5
	Been in a car with a drunk driver	-10
Seatbelt	Yes	+2
	No	-2
Drinking	Drink 15 years of younger	-4
	Drink occasionally	-2
	Never	+2
Drugs	Use often	-3
	Occasionally	-2
	Never	+1
Nutrition	High fat	-1
	Monitor fat intake	+2
Nutrition 2	3-5 servings fruit and vegetables	+2
	Low fruit and vegetables	-1
Nutrition 3	Eat processed food	-1
	Fresh foods, not friend	+2

### Choice Strategies

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Immunity	Get sick easily and often	-1	
	Rarely sick	+2	
Relationships	Poor family relations	-2	
	Poor peer relations	-1	
	Good family relations	+2	
	Good peer relations	+1	
Pets	Have a cat or dog	+1	
	Have no cat or dog	0	
Medical Care	Regular exams	+2	
	Miss exams	-1	
Mental Health	Intellectually challenged	+1	
	Stagnated	-1	
Emotional Health	Express emotions healthy	+1	
	Suppress emotions	-1	
Spiritual Health	Have a belief	+1	
	No belief system	-1	
Location	Michigan	-3	
	New to Michigan	-1	
Nutritional Knowledge	Good understanding	+1	
	Not aware	-1	
Attitude	Mostly positive	+2	
	Mostly negative	-2	
Laughter	Frequently	+2	
	Rarely	-1	

Total Your Score \_\_\_\_\_

**List three factors that had a positive impact on your health.**

(Look at the items with your highest numbers)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**List three factors that had a negative impact on your health.**

(Look at the items with your lowest or negative numbers)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_