

Health Risk Assessment

Name: _____ Date: _____

Please circle the number which best identifies your response to each corresponding question-

1. *Never or Almost Never*; 2. *Occasionally*;
3. *Often*; 4. *Very Often*; or 5. *Always or Almost Always*

1. I engage in moderate physical activity outside of work for at least 20 to 30 minutes at least 5 days of the week.

N/A 1 2 3 4 5

2. I enjoy physical activities rather than sedentary activities.

N/A 1 2 3 4 5

3. I eat at least five servings of fruits and vegetables every day (one serving equals one half cup).

N/A 1 2 3 4 5

4. I eat at fast food restaurants more than three times per week.

N/A 1 2 3 4 5

5. I avoid the use of tobacco products (cigarettes, smokeless tobacco, cigars, and pipes).

N/A 1 2 3 4 5

6. I limit myself to 5 drinks of alcohol a week (beer, liquor, wine).

N/A 1 2 3 4 5

7. I see my physician for routine check-ups, health screenings, and disease prevention.

N/A 1 2 3 4 5

8. I wear a seat belt when traveling in a vehicle.

N/A 1 2 3 4 5

9. I take time to have meaningful interactions with family and friends.

N/A 1 2 3 4 5

10. I contribute time and/or money to at least one organization that strives to better the community where I live.

N/A 1 2 3 4 5

11. I am able to develop close, personal relationships with others.

N/A 1 2 3 4 5

12. I feel that I am a confident individual.

N/A 1 2 3 4 5

13. I express my feelings of anger and frustration in ways that are not hurtful to myself or others.

N/A 1 2 3 4 5

14. I feel that I have family and friends that I can confide in to assist in managing stress.

N/A 1 2 3 4 5

15. I seek opportunities to learn new things through different mediums such as television, books, newspaper, internet, etc.

N/A 1 2 3 4 5

16. Before making decisions, I gather facts and consider all viable options.

N/A 1 2 3 4 5

17. I am satisfied with the balance between my work time and leisure time.

N/A 1 2 3 4 5

18. The level of stress in my work environment is manageable for me.

N/A 1 2 3 4 5

19. I feel that my life has a purpose.

N/A 1 2 3 4 5

20. My actions are guided by my own beliefs rather than the beliefs of others.

N/A 1 2 3 4 5