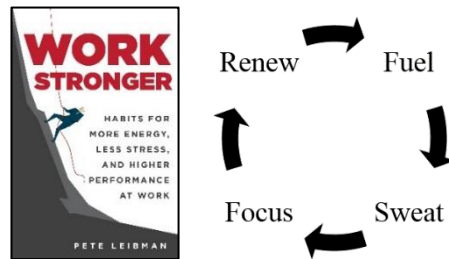# *The Stronger Habits Assessment* (Scoring Grid)

Instructions: Start with 100. Look at your answers, and subtract points, as noted below.

1. **Which statement most accurately describes typical workday?**
    a. I typically try to multi-task (-2 points)
    b. I typically do one task at a time (0 points)
    c. Sometimes, I try to multi-task and I sometimes I do one task at a time (-1 point)
2. **How often do you check your email, social media, or cell phone during the workday?**
    a. Most or all of the day (-2 points)
    b. No more than once an hour (0 points)
    c. It depends on the day (-1 point)
3. **Which statement most accurately describes your typical lunch on a workday?**
    a. I usually eat lunch quickly (or I skip lunch) while working or checking emails (-2 points)
    b. I usually take a break from work and emails during lunch (0 points)
    c. It depends on the day (-1 point)
4. **Which statement most accurately describes typical workday?**
    a. I usually take a short break (10 minutes or less) at least every 90 minutes (0 points)
    b. I rarely take any short breaks during the day (-2 points)
    c. It depends on the day (-1 point)
5. **How often do you establish your top priorities before the day begins?**
    a. Most days or every day (0 points)
    b. Some days (-2 points)
    c. Rarely or never (-4 points)
6. **Which statement best describes your typical breakfast?**
    a. I usually don't eat breakfast (-4 points)
    b. I usually eat a quick meal, like a granola bar, bagel, or cereal (-3 points)
    c. I usually eat at least 20g of protein and at least 1 serving of fruits or vegetables (0 points)
    d. It depends on the day (-3 points)
7. **How often do you go longer than 3-4 hours during the day without eating healthy food?**
    a. Most or all of the time (-2 points)
    b. Sometimes (-1 points)
    c. Rarely or never (0 points)
8. **How often do you eat foods that have added sugar or that are heavily processed or fried?**
    a. At least once a day, on average (-2 points)
    b. Maybe a few times each week, on average (-1 points)
    c. Once a week or less, on average (0 points)

9. In a typical week, how often do you drink more than one alcoholic beverage in a day?
    a. At least 3-4 days a week (-2 points)
    b. 1-2 days a week (-1 points)
    c. 0 days a week (0 points)
10. In a typical day, how many artificial drinks do you consume? Include soda (diet or regular), fancy coffee drinks, sports drinks, energy drinks, iced teas, lemonade, etc.
    a. 3 or more (-2 points)
    b. 1-2 (-1 points)
    c. 0 (0 points)
11. On average, how many minutes each week do you do cardiovascular exercise that makes you sweat?
    a. More than 90 minutes each week (0 points)
    b. 60-90 minutes each week (-2 points)
    c. 30-60 minutes each week (-3 points)
    d. Less than 30 minutes each week (-4 points)
12. How often do you do strength training?
    a. At least 2 days each week (0 points)
    b. Maybe 1-2 days each week (-2 points)
    c. Rarely or never (-4 points)
13. How often do you stretch or do flexibility exercises for your body?
    a. At least 2 days each week (0 points)
    b. Maybe 1-2 days each week (-2 points)
    c. Rarely or never (-4 points)
14. How many hours do you typically sleep each night?
    a. At least 7-8 hours each night, on average (0 points)
    b. 6-7 hours each night, on average (-2 points)
    c. Less than 6 hours each night, on average (-4 points)
15. How often do you use artificial sleeping aids or consume alcohol or caffeine before bed?
    a. Most or all of the time (-2 points)
    b. Sometimes (-1 points)
    c. Rarely or never (0 points)
16. How often do you feel rushed or stressed in the morning? (before you get to work)
    a. Most or all of the time (-4 points)
    b. Sometimes (-2 points)
    c. Rarely or never (0 points)
17. How often do you take at least 5 minutes for quiet, mindful, tech-free activities (i.e. meditation, yoga, reading physical books, leisurely walks)?
    a. Multiple times each day, on average (0 points)
    b. Maybe once each day, on average (-2 points)
    c. Maybe a few times each week, on average (-3 points)
    d. Rarely or never (-4 points)

Scoring Grid:

- 93-100 = Excellent
- 83-92 = Good
- 73-82 = Fair
- <73 = Poor