
























**S**      **C**      **O**      **R**      **E**  
**0**      **25**      **50**      **75**      **100**

**LIFE ASSESSMENT REPORT**

<p><b>PHYSICAL FUNCTION</b>            Performance of a range of physical activities such as self-care, walking, climbing stairs and vigorous activities.            8/10/2023</p>		<p>37</p>				
<p><b>PHYSICAL LIMITATIONS</b>            Impact of physical health on performance of work or other daily activities.            8/10/2023</p>		<p>34</p>				
<p><b>BODILY PAIN</b>            Severity of bodily pain and its interference with work inside or outside the home.            8/10/2023</p>		<p>49</p>				
<p><b>GENERAL HEALTH PERCEPTIONS</b>            Evaluations of general health including current health, health outlook, and resistance to illness.            8/10/2023</p>		<p>37</p>				
<p><b>ENERGY LEVEL</b>            Frequency of feeling full of energy versus feeling tired and worn-out.            8/10/2023</p>		<p>38</p>				
<p><b>SOCIAL FUNCTIONING</b>            Extent and frequency of limitations in social activities with friends/relatives due to health problems.            8/10/2023</p>		<p>29</p>				
<p><b>EMOTIONAL LIMITATIONS</b>            Impact of emotional problems on performance on work or other regular daily activities.            8/10/2023</p>		<p>27</p>				
<p><b>MENTAL HEALTH</b>            Composite measure of anxiety, and loss of behavioral control versus psychological well-being.            8/10/2023</p>		<p>33</p>				
<p><b>PHYSICAL HEALTH</b>            Physical status, well-being and bodily pain and their impact on social activities and rating of general health.            8/10/2023</p>		<p>43</p>				
<p><b>EMOTIONAL / MENTAL HEALTH</b>            Impact of stress on social, emotional, and mental health.            8/10/2023</p>		<p>28</p>				
<p><b>LIFE EXPERIENCES</b>            Total impact of significant life experiences over the last year.            8/10/2023</p>		<p>59</p>				
<p><b>NEGATIVE LIFE EXPERIENCES</b>            Impact of significant negative life experiences of the last year.            8/10/2023</p>		<p>53</p>				
<p>Normal Range 45 to 55 percent</p>						
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**LIFE ASSESSMENT REPORT**

<p><b>POSITIVE LIFE EXPERIENCES</b>            Impact of significant positive life events over the last year.</p> <p style="text-align: right;">8/10/2023</p>		59		
<p><b>STRESS INDEX</b>            Impact of stress on social, emotional, mental, and physical health.</p> <p style="text-align: right;">8/10/2023</p>		42		
<p><b>SPIRITUAL BELIEFS</b>            An index of spiritual belief system.</p> <p style="text-align: right;">8/10/2023</p>		56		
<p><b>LIFE PURPOSE INDEX</b>            Individual understanding of meaning or purpose in life.</p> <p style="text-align: right;">8/10/2023</p>		47		
<p><b>SUPPORT SYSTEM</b>            Relationships that extend help in difficult situations.</p> <p style="text-align: right;">8/10/2023</p>		42		
<p><b>EMOTIONAL SUPPORT</b>            A measure of emotional support available when needed.</p> <p style="text-align: right;">8/10/2023</p>		32		
<p><b>TASK SUPPORT</b>            Availability of physical assistance for regular duties and chores.</p> <p style="text-align: right;">8/10/2023</p>		48		
<p><b>SOCIAL COMPATABILITY</b>            Frequency of associations with others who have similar interests and values.</p> <p style="text-align: right;">8/10/2023</p>		43		
<p><b>GUIDANCE SUPPORT</b>            Evaluation of opportunities to receive counseling or guidance on personal issues.</p> <p style="text-align: right;">8/10/2023</p>		37		
<p><b>SITUATION RESOLUTION</b>            Ability to consider and resolve stressful situations.</p> <p style="text-align: right;">8/10/2023</p>		37		
<p><b>ZUNG INDEX</b>            An index of a propensity toward depression. On this section only, a lower score, or no score is preferable.</p> <p style="text-align: right;">8/10/2023</p>		49		
<p>Normal Range 45 to 55 percent</p>				
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**LIFE ASSESSMENT REPORT**

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**-50**    **-25**    **0**      **+25**    **+50**

Category	Date	Score
PHYSICAL EXERCISE	8/10/2023	30
ACTIVITY AT WORK	8/10/2023	-40
DAILY CIGARETTE CONSUMPTION	8/10/2023	50
SEAT BELT USE	8/10/2023	-20
FRUIT CONSUMPTION	8/10/2023	-30
VEGETABLE CONSUMPTION	8/10/2023	-30
ALCOHOL CONSUMPTION	8/10/2023	20
HOURS OF SLEEP	8/10/2023	50
WAKING FEELING RESTED	8/10/2023	-30
NOT ENOUGH REST OR SLEEP	8/10/2023	-40
BODY WEIGHT SATISFACTION	8/10/2023	50
HAZARDOUS DRUG USE	8/10/2023	-30
LOVE RELATIONSHIPS	8/10/2023	30
SEXUAL CONTENTMENT	8/10/2023	-20
TRUSTING RELATIONSHIPS	8/10/2023	40