

Healthy Lifestyle Inventory

Nature's House Call® with Dr Giroux



It is easy to get overwhelmed when working to adopt a healthier lifestyle. The best change is the one that is tailored to your needs and preferences. This survey will review your preferences, care philosophy and current therapies to help you develop a balanced program and find the best programs and therapies based on your needs. Use this information to help you choose or change your treatment.

Balance

Using the following scale to answer each of the questions below.

No Disagree					Neutral					Absolutely Agree
0	1	2	3	4	5	6	7	8	9	10
High Priority								Low Priority		

Answer

Balanced Philosophy

- I tend to focus on lifestyle over vitamins, supplements and pills. _____
- I believe that holistic therapy is one that includes medicines when needed. _____
- I believe that I can make a difference in how I feel or move. _____
- I believe natural therapies are not always better than traditional medical therapies _____

Add Answers and divide by 4 _____

These questions help you identify your thoughts about a holistic approach and its integration into traditional medicine. Your thoughts and ideas can stand in the way of an integrative approach. This is possible if you are resistant of traditional medicine, too skeptical of holistic medicine or looking for a quick fix from natural therapies. With this in mind, reflect on how you answered the statements above. Add your answers together for your total score. If your score is less 0 to 4 this is a high priority and if your score is greater than 7 this is a lower priority for personal reflection.

Analyze your response to the above questions and write your observations in the lines provided.

Are your thoughts and current lifestyle balanced?

What opportunities do you have to gain from this balance?

Preference or Tendency. Circle the best answer(s). More than one may apply.

Now that you have some ideas on where you should focus you can use this section to help you think about choosing actions to suite your preference.

- | | | | |
|----------------------------------|------------------------|------------|------------------------------|
| I do better when I work... | Alone | In a Group | Both |
| I prefer exercising... | At home | In a gym | Outdoors |
| I am... | Self-motivated | | Need help |
| I tend to activities that are... | Passive (i.e. massage) | | Active activities (exercise) |
| I tend to do activities that... | Are in my comfort zone | | Are new |

Based on your answers above, what activities would best fit these preferences or tendencies?

- What actions are best suited for your preference?
- Can you challenge yourself and chose an activity that is different than your usual tendency?
