



Lifestyle Assessment: Attitude/Stress for Blood Sugar Balancing Scorecard

Attitude/Stress Assessment				
Name				
Based upon your health profile for the past 30 days , please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Check the number you feel best applies, then add the number of checks in each column to create your score.				
Attitude/Stress Questions	0	1	2	3
Are you signed up for Dr. Ritamarie's <i>Transforming Stress System</i> series of e-mails and audio recordings and listening daily? 0 = No 3 = Yes				
Have you completed Dr. Ritamarie's <i>Inspired Health Vision System</i> to clarify your values, connect with your vision, and set your goals? 0 = No 3 = Yes				
How often are you remembering to practice the power of appreciation and an "Attitude of Gratitude" throughout the day? 0 = Never, or just started 1 = 1-2 times per day 2 = 3-4 times per day 3 = 5 or more times per day				
How often are you practicing a stress management method or technique (e.g., meditation, prayer, HeartMath "Quick Coherence", etc.)? 0 = Never, or just started 1 = 1-2 times per day 2 = 3-4 times per day 3 = 5 or more times per day				
How often are you feeling "stressed out", above a 7 on a stress scale from 0 to 10? 0 = All the time! Every waking moment! 1 = A few to several times a day 2 = A few to several times a week 3 = About once or twice a week, or less				



Attitude/Stress Questions	0	1	2	3
Total for Each Column (number of checkmarks x value)				
Grand Total /15				

Your Attitude/Stress Assessment Results:

Check the box beside the range where your total score falls.

☐ **12-15:** Congratulations! You have good habits in place for minimizing the effects of stress on your body function and keeping your blood sugar balanced. Continue to manage your stress effectively and improve from day to day.

☐ **8-11:** You are well on your way to having health enhancing stress management skills in place. Continue to increase the frequency of stress relief time-outs as taught by Dr. Ritamarie and you'll be better able to manage your weight and decrease stress induced changes in your health.

☐ **4-7:** You have the beginnings of stress management skills in place, but you need to pay extra attention to this area. Stick with Dr. Ritamarie's recommended guidelines and you'll be on your way to reducing the effects stress is currently having on your health, weight and blood sugar control.

☐ **0-3:** There's a lot of room for improvement in the way you manage stress and stress is likely compromising your health. Practice using Dr. Ritamarie's recommended stress tools to improve in this area.

Thanks for taking the time to complete this Stress Assessment.