

Lifestyle Ministry Questionnaire

Scoring

Areas measured:

- 1) **Connectedness (Blue)** (with others) [total points possible = 7]
 - 1) Questions #1,3,5,7,9,25
 - 2) For 1,3,5,7 and 9, you get 1 point for "Yes" and 0 points for "No."
 - 3) For question #25, you get 2 points for less than 1 hour, 1 point for 1-2 hours, and 0 points for over 2 hours per day.
- 2) **Nutrition (Green)** [total points possible = 6]
 - 1) Questions #2,12,14,15,18,21
 - 2) For #2, you get 1 point for "Yes" and 0 points for "No."
 - 3) For #12, you get 1 point for 3 or less, and 0 points for 4 or more weekly.
 - 4) For #14, you get 1 point for 2 or more, and 0 points for less than 2 daily.
 - 5) For #15, you get 1 point for 1 or less, and 0 points for 2 or more weekly.
 - 6) For #18, you get 1 point for 1 or less, and 0 points for more than 1 daily.
 - 7) For #21, you get 1 point for 3 or more, and 0 points for less than 3 daily.
- 3) **Motion (Pink)** (level of activity) [total points possible = 6]
 - 1) Questions #13,20,22
 - 2) For #13, you get 1 point for 2 or more per week, and 0 points for less than 2.
 - 3) For #20, you get 1 point for 5 hours or less, and 0 points for 6 hours or more.
 - 4) For #22, you get 4 points for 2 1/2 hours or more, 3 points for 2 hours, 2 points for 1 1/2 hours, 1 point for 1 hour, 0 points for less than 1 hour per week.
- 4) **Substance use (Red)** [total points possible = 5]
 - 1) Questions #6,10,16,17
 - 2) For #6 and 7, you get 1 point for "No," and 0 points for "Yes."
 - 3) For #16, you get 1 point for 1 or less for women, and 2 or less for men, and 0 points for over 1 for women, and over 2 for men.
 - 4) For #17, you get 2 points for 0, 1 point for 7 for women, and 14 for men, and 0 points for greater than 7 for women, and 14 for men.
- 5) **Restoration (Gray)** (Sleep and Stress) [total points possible = 5]
 - 1) Questions #4,8,11,19
 - 2) For #4,8 and 11, you get 1 point for "Yes" and 0 points for "No."
 - 3) For #19, you get 2 points for 8 or more, 1 point for 7, and 0 points for less than 7.
- 6) **Spiritual (Orange)** [total points possible = 8]
 - 1) Questions # 23, 24, 26
 - 2) For #23, you get 3 points for 7 days, 2 points for 5 days, 1 point for 3 days, and 0 points for 2 or less.
 - 3) For #24, you get 3 points for 7 days, 2 points for 5 days, 1 point for 3 days, and 0 points for 2 or less.
 - 4) For #26, you get 2 points for 3 or more days, 1 point for 1 or 2 days, and 0 points for no days.

Total Score _____

Connectedness _____

Nutrition _____

Motion _____

Substance use _____

Restoration (sleep and stress) _____

Spiritual _____