

Physical

Directions for scoring Physical Health section: add the number of times you checked “always” and multiply it by 3. Add of the number of times you checked “sometimes” and multiply by 2. Add the number of times you checked “never” and multiply by 1. Add all three numbers to get your final score. Compare your total to the following scale:

54-51= excellent
50-47= very good

46-43= good
42-39= fair

Mental/Emotional

Directions for scoring Mental/Emotional Health section: add the number of times you checked “always” and multiply it by 3. Add of the number of times you checked “sometimes” and multiply by 2. Add the number of times you checked “never” and multiply by 1. Add all three numbers to get your final score. Compare your total to the following scale:

63-59= Excellent
58-54=very good

53-49= good
48-44=fair

Social

Directions for scoring Social Health section: add the number of times you checked “always” and multiply it by 3. Add of the number of times you checked “sometimes” and multiply by 2. Add the number of times you checked “never” and multiply by 1. Add all three numbers to get your final score. Compare your total to the following scale:

87-81= Excellent
80-74= very good

73-67=good
66-60=fair