

# Stress Test

Take this simple stress test. For each question, give yourself points as follows:

0 = Never

2 = Once in a while (1 to 3 times a year)

4 = A few times a week

6 = Always or daily

Score

1. Do you eat on the run? \_\_\_\_\_
2. Are you plagued by a run-down feeling and frequent illness? \_\_\_\_\_
3. Are you too tired to exercise? \_\_\_\_\_
4. Do you have difficulty sleeping or staying asleep? \_\_\_\_\_
5. Do you have difficulty saying no? \_\_\_\_\_
6. Do you feel out of control? \_\_\_\_\_
7. Do you eat, drink, or smoke when you are nervous? \_\_\_\_\_
8. Do you skip meals to lose weight? \_\_\_\_\_

Total score \_\_\_\_\_

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).