

Nutritional Quiz

1. I have been overweight for at least a year of my life. T/F
2. I am addicted to cigarettes, drugs or alcohol. T/F
3. I eat an average of three to five different colored fruits per day. T/F
4. I eat an average of three to five different colored vegetables per day. T/F
5. I drink no more than 5 caffeinated beverages (preferably green tea or coffee) per day. T/F
6. I eat an average of three to five whole grain servings per day. T/F
7. I eat on average 2-5 lean protein servings per day. T/F
8. I drink an average of one to five herbal teas per day. T/F
9. I eat up to 12 different spices or herbs per day (such as cayenne, oregano, rosemary, cumin, basil, garlic, turmeric, cinnamon, allspice, cardamom). T/F
10. I drink 6-8 glasses of water every day. T/F
11. I often eat refined carbs, like sugared cereals, bagels, etc. T/F
12. I eat at fast food restaurants at least three times a week. T/F
13. I have experienced insomnia, anxiety or depression. T/F
14. I have an illness. T/F

Answer key: Answer each True or False question as honestly as you can. We're going to score your True answers. We begin with age 80. If you answered True to # 1 or 2, deduct 10 years for each one. If you answered True to # 3, 4, 5, 6, 7, 8, 9 or 10, add 5 years for each one. If you didn't answer True to at least four of # 3, 4, 5, 6, 7, 8, 9 or 10, deduct 5 years. If you answered True to # 11, 12 or 13, deduct 10 years for each one. If you answered True to # 14, deduct 5 years. The result is your estimated lifespan based on the Nutritional Assessment category.

Score/Age: _____

Lifestyle Quiz

1. I drink too much alcohol. T/F
2. I smoke too many cigarettes. T/F
3. I use recreational drugs. T/F
4. I enjoy marijuana. T/F
5. I continue to learn (pursue higher education). T/F
6. I exercise aerobically three hours per week. T/F
7. I lift weights three hours per week. T/F
8. I participate in dangerous activities like bungee jumping. T/F
9. I often drive 20 miles over the speed limit. T/F
10. I don't wear a seatbelt. T/F
11. I have a stressful job. T/F
12. I have unprotected sex. T/F
13. I have had a major illness (cancer, diabetes, heart disease, etc.). T/F
14. I am overweight. T/F

Answer key: Answer each True or False question as honestly as you can. We're going to score your True answers. We begin with age 80. If you answered True to # 1, 2, 3 or 4, deduct 10 years for each True response. If you answered True to # 5, 6 or 7, add 10 years for each one. If you didn't answer True to at least one of # 5, 6 or 7, deduct 5 years. If you answered True to # 8, 9, 10, 11, 12 or 13, deduct 5 years for each True response. If you answered True to # 14, deduct 10 years. The result is your estimated lifespan based on the Lifestyle Assessment category.

Score/Age: _____

Fashion/Beauty Quiz

1. I care more that I look thin than if I am thin. T/F
2. I'd rather spend money on clothing, cosmetics, perfume or jewelry than on my health. T/F
3. I smoke because it's fashionable. T/F
4. I don't wear sunscreen. T/F
5. I wear very high heels (at least 3"). T/F
6. My pocketbook/handbag is often very heavy. T/F
7. I'd rather have a facelift than a cardiac checkup. T/F
8. I see my dermatologist more than I see my internist. T/F
9. I'd rather miss taking my medication than be seen taking it. T/F
10. I'd rather talk to a shrink than take medication. T/F

Answer key: Answer each True or False question as honestly as you can. We're going to score your True answers. We begin with age 80. If you answered True to # 1, 2, 3, or 4, deduct 2 years for each True response. If you answered True to 5, 6, 7, 8, 9 or 10, deduct 1 year from the 80. The result is your estimated lifespan based on the Fashion/Beauty Assessment category.

Score/Age: _____

Genetic Aging Quiz

1. I have a family history of obesity. T/F
2. I have a family history of alcoholism. T/F
3. I use steroids. T/F
4. I take non-bioidentical hormones (i.e. birth control). T/F
5. I use natural hormones. T/F
6. I have quit smoking. T/F
7. I have no family history of cancer or heart disease. T/F
8. I have or have had cancer. T/F
9. I have a family history of cancer. T/F
10. I have a lot of cysts, growths or lumps. T/F
11. I have already had a major illness that one of my parents have had. T/F
12. I have a family history of depression. T/F
13. I developed abnormally as a child. T/F
14. I have had family members die at an early age. T/F
15. I maintain a healthy weight. T/F

Answer key: Answer each True or False question as honestly as you can. We're going to score your True answers. We begin with age 80. If you answered True to # 1, 2, 3, or 4, deduct 10 years for each one. If you answered True to # 5, 6 or 7, add 5 years for each one. If you answered True to # 8, deduct 10 years. If you answered True to # 9, 10, 11, 12, 13 or 14, deduct 5 years for each True response. If you answered True to # 15, add 5 years. The result is your estimated lifespan based on the Genetic Aging Assessment category.

Score/Age: _____

Longevity Quiz – How to Live to 120

1. I maintain a healthy weight. T/F
2. Addiction (smoking, drugs, food, sex) has never taken over my life. T/F
3. I enjoy learning new things (pursuit of higher education). T/F
4. I can maintain a happy and positive outlook on life, even through crisis. T/F
5. I like sex. T/F
6. I never stay blue or tense for long. T/F
7. I can sleep no matter what's on my mind. T/F

Answer key: Answer each True or False question as honestly as you can. If you answered True to #1, 2, 3 or 6, add 20 years for each. If you answered False to #1, 2, 3 or 6, deduct 10 years for each. If you answered True to # 5 add 10 years. If you answered False to #5, deduct 5 years. If you answered True to #4 or 7, add 15 years for each, and if you answered False to #4 or 7, deduct 7 ½ years for each. The result is your estimated lifespan based on the Longevity Assessment category.

Score/Age: _____