



IHC-DASH LIFESTYLE PRACTIC SCORE



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IHC-DASH Lifestyle Practic Score

Self-Scoring Sheet - FINAL VERSION

Participant Name: _____ Date: _____

The IHC-DASH Formula:

$$D30 + A20 + S^430 + H^420 = 100$$

Component	Meaning	Points
D	Diet	30
A	Activity	20
S ⁴	Stress + Sleep + Social + Spiritual	30
H ⁴	Harmful Exposure Avoidance (Tobacco, Alcohol, Pollution, Adulteration)	20
TOTAL		100

Instructions: For each section, circle the score that best describes your current habits. Be honest—this is a tool for your personal growth, not a judgment. All scores are already scaled to the correct point values. Simply add them up at the end.



D - DIET (30 Points)

Based on your adherence to the 4-Tier IHC-DASH Food Guidelines.

Score	Description
30	Excellent Adherence: Diet perfectly matches the framework. High intake (Fruits, Vegetables, Legumes, Whole Grains/Millet) eaten daily. Low intake (Nuts/Seeds, Lean Protein, Healthy Fats, Curd/Buttermilk/Paneer) portion-controlled. Very low intake items (Red Meats, high-sugar tropical fruits) are rare (<1x/week). Restricted items (Refined oils/sugar/salt, processed foods, street food) are completely avoided.
24	Good Adherence: Diet generally follows the framework. Most high-intake foods are eaten daily. Portion control is good. Very low intake items are occasional (1-2x/week). Restricted items mostly avoided (e.g., one sugary drink or street food per week).
15	Fair Adherence: Diet includes some good elements (vegetables, legumes) but regular consumption of restricted items (sugary drinks, refined oil, white rice). Portion control of low-intake items may be poor.
0-8	Poor Adherence: Diet primarily based on refined grains, lacks vegetables/legumes, and frequent consumption



of restricted items (processed foods, street food, sugary beverages).

Circle your score:

30 / 24 / 15 / 8 / 4 / 0

Your D - Diet Score: _____ /30

A - ACTIVITY (20 Points)

Score yourself in each of the four sub-categories below, then add them up. All scores are already on the correct scale.

Sub-Category	5 pts (Excellent)	4 pts (Good)	3 pts (Fair)	2 pts (Poor)	1-0 pts (Very Poor)	Your Score
A1. Brisk Walking / Steps	≥ 7500 steps/day consistently.	5000-7499 steps/day most days.	2500-4999 steps/day most days.	1000-2499 steps/day	<1000 steps/day	_____
A2. Yoga / Mindful Movement	5+ times/week.	3-4 times/week. Regular.	2 times/week.	1 time/week.	Never or almost never.	_____



	Regular practice.		Occasion al.			_____
A3.	< 4	4-6	6-8	8-10	>10	
Sedentary Time	hours/da y sitting.	hours/da y sitting.	hours/da y sitting.	hours/da y sitting.	hours/da y sitting.	
	Frequent breaks.	Some breaks.	Few breaks.		No breaks.	

A4. NEAT (Non-Exer cise Activity)	Daily NEAT. Stairs, walking while on the phone, gardenin g, and standing while working.	Often practices NEAT. Mostly chooses active options.	Occasion al NEAT. Sometim es chooses active options.	Rarely practices NEAT. Usually chooses the easy option.	Almost never practices NEAT.	_____
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Total A - Activity Score (A1+A2+A3+A4): _____ /20

(Maximum possible is 5+5+5+5 = 20 points.)

S⁴ - STRESS, SLEEP, SOCIAL, SPIRITUAL (30 Points)



S¹ - Stress Management (IHC-DASH Head, Heart & Hand Practices) (8 Points)

Score yourself in each of the three sub-categories below, then add them up.

Sub-Category	3 pts (Excellent)	2 pts (Good)	1 pt (Fair)	0 pts (Poor)	Your Score
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HEAD (Clarity & Calm)	Daily practice of yoga, meditation, and pranayama (at least two). Mind calm.	Regular practice (3-4 times/week). Mind is generally calm.	Occasional practice (1-2 times/week). The mind is often cluttered.	Never practices. The mind is constantly stressed.	_____
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HEART (Emotional Cultivation)	Daily practice of gratitude, loving-kindness, or self-compassion.	Regular practice (3-4 times/week).	Occasional practice (1-2 times/week).	Never practices. Self-critical often.	_____
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HANDS (Meaningful Action)	Actively and regularly volunteers or serves the community.	Occasionall y, volunteers or helps others.	Rarely engages in service.	Never volunteers. Disconnect ed from the community.	_____
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Note: Maximum for this section is 3+3+2 = 8 points. Hands has a maximum of 2 points.

Total S¹ - Stress Management Score (HEAD+HEART+HANDS): _____ /8

S² - Sleep (Duration, Consistency, Hygiene, Environment) (8 Points)

Score yourself in each of the four sub-categories below, then add them up.

Sub-Cate gory	2 pts (Excellent)	1.5 pts (Good)	1 pt (Fair)	0.5-0 pts (Poor)	Your r Sco re
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Duration & Quality	7-9 hours uninterrupte d. Rested.	6-7 or 9-10 hours. Reasonably rested.	5-6 hours. Often tired.	<5 hours or highly interrupted.	_____
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Consistency	Consistent within 30-60 mins, 7 days/week.	Consistent weekdays, slightly variable weekends.	Inconsistent, 2-3 hour variation.	Highly erratic, no pattern.	_____
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Pre-Sleep Hygiene	Consistently avoids food, screens for 2+ hours before sleep.	Usually avoids, occasional slip-ups.	Sometimes avoids, often uses phone/eats late.	Regularly uses the screen/eats until bedtime.	_____
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Sleep Environment	Optimal: Dark, cool, quiet, comfortable.	Good: Mostly dark and quiet.	Fair: Some distractions (light, noise).	Poor: Sleeps with lights/TV on, noisy.	_____
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Total S² - Sleep Score (A+B+C+D): _____ /8

S³ - Social Connections (7 Points)

Score	Description
7	Fully meets criteria: Has trusted few to share anything with; meets quality friends at least once a week;



meaningful conversations; limits social media (<30-60 min/day); relationships deep and supportive.

6 Meets most criteria: Has good friends; meets 2-3 times a month; conversations often meaningful; aware of social media; generally feels supported.

5 Meets many criteria: Has friends, meets twice a month, occasional meaningful conversations; somewhat supported.

4 Meets some criteria: Casual friends; meets once a month; sometimes feels lonely.

3 Meets few criteria: Few friends; social contact every 2-3 months; often lonely.

2-1 Meets very few criteria: Very few friends; rare social contact; mostly isolated.

0 Meets no criteria: No trusted friends; isolated; no in-person social contact.

Your S³ - Social Connections Score: _____ /7

S⁴ - Spiritual Orientation (7 Points)

Score

Description



7

Fully aligned: Clarity on Pleasure (joy), Passion (energy), and Purpose (contribution). Thoughts, speech, actions aligned. Service to the greater good. Life is deeply meaningful.

6

Strongly aligned: Good sense of pleasure and passion. Purpose emerging. Thoughts, speech, and actions mostly aligned. Life meaningful.

5

Well aligned: Pleasure and passion are clear. Exploring purpose. Mostly aligned.

4

Partially aligned: Some sense of pleasure and passion. Purpose unclear. Sometimes misaligned.

3

Emerging awareness: Beginning to explore purpose. Pleasure/passion not connected to a larger purpose.

2-1

Minimal awareness: Rarely thinks about purpose. Life feels directionless.

0

Disconnected: No sense of purpose or meaning. Life feels transactional.

Your S⁴ - Spiritual Orientation Score: _____ /7



S⁴ SECTION SUMMARY

Sub-Section	Your Score
S ¹ - Stress Management	_____ /8
S ² - Sleep	_____ /8
S ³ - Social Connections	_____ /7
S ⁴ - Spiritual Orientation	_____ /7
TOTAL S⁴ (Stress + Sleep + Social + Spiritual)	_____ /30

H⁴ - HARMFUL EXPOSURE AVOIDANCE (20 Points)

H¹ - Tobacco Use (8 Points)

Choose the lowest score that applies to you from any column.

Score	Smoking	Second-Hand Smoke Exposure	Smokeless (Chewed) Tobacco
8	Never smoked or quit >5 years ago.	No exposure at home or work.	Never used or quit >5 years ago.
6	Quit within 1-5 years.	Rare exposure.	Quit within 1-5 years.



4	Occasional/very light smoker.		
2	Current smoker (<half pack/day).	Regular exposure at home or work (lives with a smoker).	Current user (<2 packets/day).
0	Current heavy smoker (≥half pack/day).	Constant, unavoidable exposure.	Current heavy user (≥2 packets/day).

Your H¹ - Tobacco Score (lowest of the three): _____ /8

H² - Alcohol Consumption (4 Points)

Score	Description
4	Never consumed, or quit, or consumes <1-2 drinks per month.
3	Within moderate guidelines (women: 1 drink/day, men: 2) and several alcohol-free days/week.
2	Within moderate guidelines, but with fewer alcohol-free days.
1	Women: 2-3 drinks/day, men: 3-4, or occasional binge episodes.



0

Women: >3 drinks/day, men: >4, or signs of dependency.

Your H² - Alcohol Score: _____ /4

H³ - Pollution Protection (4 Points)

Score

Description

4

Lives in a low-pollution area OR in a high-pollution area uses all protections: air purifier, N99 mask, and avoids outdoor activity when AQI is high.

3

Uses most protections consistently (e.g., purifier and mask, occasionally forgets).

2

Uses some protections (purifier but no mask, or mask but no purifier).

1

Minimal protection. Sometimes checks AQI but takes no action.

0

Unaware or unconcerned. No protective steps.

Your H³ - Pollution Protection Score: _____ /4



H⁴ - Adulteration & Contamination Avoidance (4 Points)

Score	Description (Indian Context)
4	All steps: buys from trusted sources; prefers whole foods; washes produce thoroughly; has a good water filter (RO with UV); verifies purity of spices, milk.
3	Takes most steps consistently. Generally mindful.
2	Takes several key steps (water filter, washing vegetables), but doesn't always think about spices/milk.
1	Basic precautions (washes vegetables), but buys from street vendors regularly. No good water filter.
0	Unaware or unconcerned. Regular street food, unbranded milk, and no water filter.

Your H⁴ - Adulteration Avoidance Score: _____ /4

H⁴ SECTION SUMMARY

Sub-Section	Your Score
H ¹ - Tobacco	_____ /8
H ² - Alcohol	_____ /4
H ³ - Pollution	_____ /4



H⁴ - Adulteration

_____ /4

TOTAL H⁴ (Harmful Exposure Avoidance)

_____ /20

FINAL SCORING SUMMARY

$$D30 + A20 + S^430 + H^420 = 100$$

Component	Section	Your Score
D	Diet	_____ /30
A	Activity	_____ /20
S ⁴	Stress + Sleep + Social + Spiritual	_____ /30
H ⁴	Harmful Exposure Avoidance	_____ /20
	GRAND TOTAL (Add all scores above)	_____ /100

IHC-DASH COMPLIANCE CATEGORIES

Grand Total Score	Compliance Category	What It Means
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90 – 100

☀️ EXCELLENT COMPLIANCE

You are living an optimally balanced, healthy lifestyle. Diet and Activity are your foundation, and you have excelled in Stress, Sleep, Social Connections, and Spiritual Orientation. You are a role model for holistic well-being.

75 – 89

✅ GOOD COMPLIANCE

You have a strong foundation. Diet and Activity are good. Identify one or two sections where you scored lower and set goals to improve them.

60 – 74

⚠️ AVERAGE COMPLIANCE

You are on the right track, but Diet and Activity need special attention. These are the biggest risk factors in India. Focus on improving these two areas over the next month.

Below 60

● POOR COMPLIANCE

Your current lifestyle, especially Diet and Activity, poses significant risks to your long-term health. This is a call to action. Start with Diet—it is



the most powerful lever. Every journey begins with a single step.

NOTES & GOALS FOR NEXT REVIEW

What went well this month?

What was my biggest challenge?

Which 1-2 areas will I focus on improving before my next score?

1. _____
2. _____

What is one small, specific action I will take this week to start?

Next Review Date: _____

Thank you for participating in the IHC-DASH program. Remember: Diet and Activity are the foundation of your health. Stress, Sleep, Social Connections, and Spiritual Orientation are the pillars that strengthen this foundation. Small, consistent improvements lead to lasting transformation.

