

Lifestyle Medicine Vital Signs (LM-10)

Nourishment

Rate the quality of the nutrition you put into your body on a daily basis

Very poor ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Excellent

1 2 3 4 5 6 7 8 9 10

Movement

Rate how often you move your body in a substantial way on a daily basis

Never ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Always

1 2 3 4 5 6 7 8 9 10

Connectedness

Rate how well you feel connected with family, friends and community

Not at all ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Very

1 2 3 4 5 6 7 8 9 10

Sleep

Rate the overall quality and quantity of your sleep

Very poor ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Excellent

1 2 3 4 5 6 7 8 9 10

Stress and resilience

Rate the levels of stress you usually experience in your life

Very high ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Not at all

1 2 3 4 5 6 7 8 9 10

Rate how well you are usually able to manage stress and difficulties in your life

Very poor ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Excellent

1 2 3 4 5 6 7 8 9 10

Green and blue

Rate how often you spend time in nature or outdoors

Never ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Always

1 2 3 4 5 6 7 8 9 10

Screen time

Rate how happy you are with your current amount of screen time (including work screen time)

Not at all ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Very

1 2 3 4 5 6 7 8 9 10

Substance use

Rate how comfortable you are with any current substance use (smoking, alcohol, drugs)

Not at all ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Very

1 2 3 4 5 6 7 8 9 10

Positivity

Rate how often you engage in positivity enhancing practices (gratitude, compassion, forgiveness, self-care, etc.)

Never ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Always

1 2 3 4 5 6 7 8 9 10

Meaning and purpose

Rate how well you feel you are fulfilling your passion or purpose and finding a sense of meaning in life

Never ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Always

1 2 3 4 5 6 7 8 9 10