**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

**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

**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