

# PERSONAL LIFE EXPECTANCY WORKSHEET

Begin with the number 76, then add or subtract the value listed (-means subtract, + means add). The final number on your total will provide a rough estimate of your life expectancy.

<b>Personal Facts</b>	<b>Calculation</b>	<b>Subtotal</b>
If you are male	-3	_____
If female	+4	_____
If you live in an urban area with a population over 2 million	-2	_____
If you live in a town under 10,000 or on a farm	+2	_____
If an grandparent lived to 85	+2	_____
If all four grandparents lived to 80	+6	_____
If either parent died of a stroke or heart attack before the age of 50	-4	_____
If any parent, brother or sister under 50 has (or had) cancer or a heart Condition, or has had diabetes since childhood	-3	_____
Do you earn over \$50,000 a year?	-2	_____
If you finished college	+1	_____
If you have a graduate or professional degree	+2	_____
If you are 65 or over and still working	+3	_____
If you live with a spouse or friend	+5	_____
If you do not live with a spouse or friend	-3	_____
Subtract 3 for every decade lived alone since age 25		_____
<b>Age Adjustment</b>		
If you are between 30 and 40	+2	_____
If you are between 40 and 50	+2	_____
If you are between 50 and 70	+4	_____
<b>Lifestyle Status</b>		
If you work behind a desk	-3	_____
If your work requires regular, heavy physical labor	+3	_____
If you exercise strenuously (tennis, running, swimming etc.)		_____
Five times a week for around a half hour	+4	_____
Two or three times a week	+2	_____
Do you sleep more than ten hours each night?	-4	_____
Are you intense, aggressive, easily angered?	-3	_____
Are you easy going and relaxed?	+3	_____
Are you happy?	+1	_____
Are you unhappy?	-2	_____
Have you had a speeding ticket in the past year?	-1	_____
Do you smoke more that two packs a day?	-8	_____
One or two packs?	-6	_____
One-half to one packs?	-3	_____
Do you drink the equivalent of 1 oz. of liquor a day?	-1	_____
Are you overweight by 50 lbs. Or more?	-8	_____
By 30 to 50 lbs.?	-4	_____
By 10 to 30 lbs.?	-2	_____
If you are a man over 40 and have annual checkups	+2	_____
If you are a woman and see a gynecologist once a year	+2	_____
<b>GRAND TOTAL</b>		_____

## Eight Steps Toward a Longer, Healthier Life

- |                               |                        |                                    |
|-------------------------------|------------------------|------------------------------------|
| 1. Don't smoke                | 4. Watch your weight   | 7. Wear your seatbelt              |
| 2. Eat a healthy diet         | 5. Challenge your mind | 8. Surround yourself               |
| 3. Take a daily multi-vitamin | 6. Be active every day | with supportive family and friends |

