

# GLOBAL HEALTH CHECK

	Very bad	Bad	ok	Good	Very good
How do you feel in general?					

	Very bad	Bad	ok	Good	Very good
How is your physical health?					

	I don't remember	5 years +	3 to 5 years	2 years	Less than a year
When was your last medical check?					

	Very low	Low	ok	Good	Very good
What is your fatigue level?					

	Less than 4	Between 5 and 6	Between 7 and 8	Between 8 and 9	9+
How many hours do you sleep?					

	I suffer from insomnia	I wake up often and my sleep is agitated	I sleep calmly and wake up 2 to 3 times	I sleep deeply and wake up one time	I deeply sleep from beginning to end and do not wake up
What is your sleep quality in general?					

	Very low	Low	ok	High	Very high
What is your stress level?					

	Very irritable	Easily irritable	ok	Often in a good mood	Always in a good mood
How is your mood?					

	Not at all	Sometimes	Most of the time	Very often	Always
I have good eating habits					

	No	Almost	Yes
I have a healthy weight			

	No	Is treated	Yes
My cholesterol level is normal			

	No	Is treated	Yes
My blood pressure is normal			

	Never	Rarely	Regularly	Often	Very often
I have migraines					

	Yes	A bit too much	No
I intake a small amount of coke and coffee			

	No	ok	Yes
If I am in a couple's relationship, it is a happy one			

	No	ok	Yes
I have a good group of friends and a good social life			

	Never	Rarely	1 to 3 times a week	4 to 5 times a week	Every day
I exercise					

	Every day	4 to 5 times a week	3 times a week	2 times a week	Once a week
I drink alcoholic beverages					

	Very slow	Slow	ok	Fast	Very fast
At work, the pace is					

	Not at all	Could be better	ok	Good	Very good
My working conditions are satisfying					

	Very often	Often	Almost never	Never
I miss work				

	Not at all	Average	Good	Very good
I have a good financial plan				

	Yes	No
My salary allows me to live well		

	Yes	No
I go on vacations every year		

	Not at all	Sometimes	In general	Most of the times	Always
I am a happy person					