

Warning!

Stress Kills!

TEST YOUR STRESS LEVEL!

1. death of spouse.....	100	28. change in living conditions.....	25
2. divorce.....	73	29. revision of personal habits.....	24
3. marital separation.....	65	30. trouble with boss.....	23
4. jail term.....	63	31. change in work hours or conditions.....	20
5. death of close family member.....	63	32. change in residence.....	20
6. personal injury or illness.....	53	33. change in schools.....	20
7. marriage.....	50	34. change in recreation.....	19
8. fired from job.....	47	35. change in church activities.....	19
9. marital reconciliation.....	45	36. change in social activities.....	18
10. retirement.....	45	37. mortgage/loan for lesser purchase.....	17
11. change of health of family member.....	44	38. change in sleeping habits.....	16
12. pregnancy.....	40	39. change in number of family get-together.....	15
13. sex difficulties.....	39	40. change in eating habits.....	15
14. gain of new family member.....	39	41. vacation.....	13
15. business readjustment.....	39	42. holidays.....	12
16. change in financial state.....	38	43. minor violations of the law.....	11
17. death of close friend.....	37		
18. change to different line of work.....	36		
19. change in number of arguments with spouse.....	35		
20. mortgage/loan for major purchase.....	31		
21. foreclosure of mortgage or loan.....	30		
22. change in responsibilities at work.....	29		
23. son or daughter leaving home.....	29		
24. trouble with in-laws.....	29		
25. outstanding personal achievement.....	29		
26. spouse begins or stops work.....	26		
27. begin or end school.....	26		

Circle the events that have occurred in your life over the last 18 months. Total your life change units. (LCU's)

0-150LCU's

Your level of stress based on life change is low.

150-300 LCU's

Borderline stress level...you should attempt to minimize changes in your life at this time.

over 300 LCU's

Your stress level is **high**...make changes and seek stress reduction intervention techniques.

80% OF ALL DISEASE IS STRESS RELATED.
EXERCISE REDUCES STRESS.

Schedule your appointment and start your stress management today!

MILTON'S FITNESS CLUB

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