



Emotional Behaviour Assessment

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|------------------------|-----|
| Pediatric Emotional | Low |
| Attention Problems | Low |
| Internalizing Problems | Low |
| Externalizing Problems | Low |

Elements of Lifestyle

Appetite

| | | | | | |
|------|---------------|-------|------|-----|-----------|
| Carb | Veggies/Fruit | Sweet | Salt | Oil | Junk food |
| | | | | | |

Lifestyle

| | | | |
|-------|----------|-----------|------------|
| Sleep | Exercise | Lifestyle | Meditation |
| | | | |

Substance

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|---------|---------|---------|-------------|
| Smoking | Tobacco | Alcohol | Other Abuse |
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