





**Emotional Behaviour Assessment**

|                        |     |
|------------------------|-----|
| 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**

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