







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

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