



### 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                                                                         |
|  |  |  |  |