



## 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   |
|  |  |  |  |