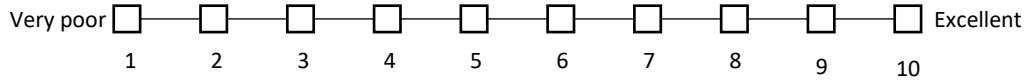


# Lifestyle Medicine Vital Signs (LM-10)

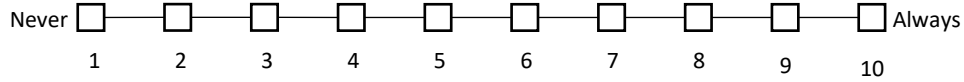
## Nourishment

Rate the quality of the nutrition you put into your body on a daily basis



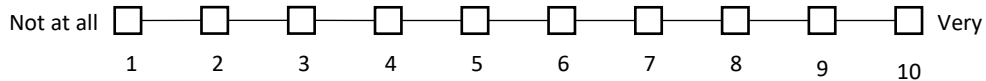
## Movement

Rate how often you move your body in a substantial way on a daily basis



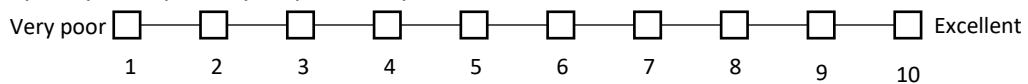
## Connectedness

Rate how well you feel connected with family, friends and community



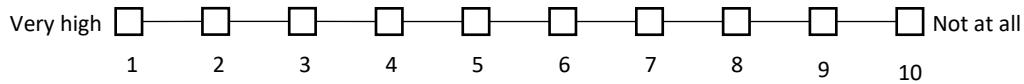
## Sleep

Rate the overall quality and quantity of your sleep

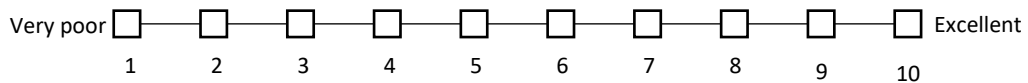


## Stress and resilience

Rate the levels of stress you usually experience in your life

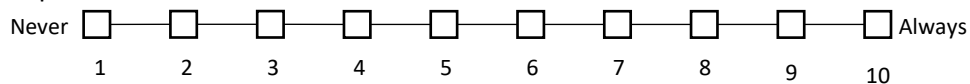


Rate how well you are usually able to manage stress and difficulties in your life



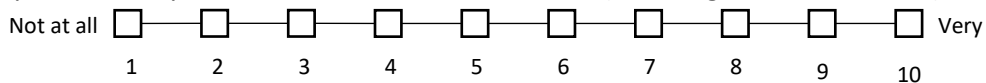
## Green and blue

Rate how often you spend time in nature or outdoors



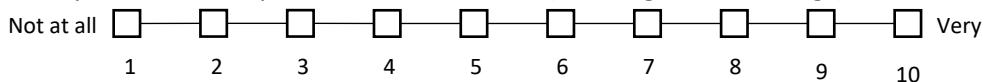
## Screen time

Rate how happy you are with your current amount of screen time (including work screen time)



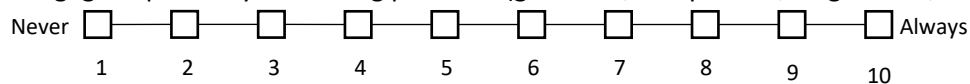
## Substance use

Rate how comfortable you are with any current substance use (smoking, alcohol, drugs)



## Positivity

Rate how often you engage in positivity enhancing practices (gratitude, compassion, forgiveness, self-care, etc.)



## Meaning and purpose

Rate how well you feel you are fulfilling your passion or purpose and finding a sense of meaning in life

