

# BLUE ZONES® TRIBE CHECK UP

Research shows that friends can have a long-term impact on our health. In fact, if your best friends are obese, you're about twice as likely to be overweight.

The following exercise is for you only. You don't need to turn this in. You don't need to share it. It's just an honest assessment for your own reflection.



## DIRECTIONS

1. Write your name and the names of the three people with whom you socialize most and can discuss personal matters (excluding a partner).
2. Under your name, rate how well you live according to the longevity questions.
3. Use the scale provided for each question.
4. Do the same for your friends.
5. Add up the numbers for each column.
6. Look at your areas for improvement and evaluate which friends could be good role models.
7. Consider how you and your friends could help each other improve.
8. If there is an area in which none of your friends are a positive influence, write down other people you know who could help you, or ideas of where in your community to meet people who will help you change your life.

**INSERT THE VALUE THAT CORRESPONDS TO THE MOST ACCURATE ANSWER.**

	SELF	FRIEND	FRIEND	FRIEND
Write in names or initials in each column to the right.				
In the past month, how many days did this person engage in mild or rigorous physical activity (taking stairs, walks, gardening, exercise, etc.)? Never = 0; Rarely = 3; Often = 5				
During the past month, how often has this person felt sad or depressed? Never = 5; Rarely = 3; Often = 0				
During the past month, how many days has this person felt lonely? Never = 5; Rarely = 3; Often = 0				
Does this person smoke? No = 5; Yes = 0				
Does this person use illegal drugs? No = 5; Yes = 0				
On average, how many alcoholic drinks does the person have in a typical day? None = 3; One-Two = 5; Two or more = 0				
How many servings of vegetables does the person eat in a typical day? None = 0; One = 3; Two or more = 5				
How many sweets or cans of soda pop does the person eat and drink daily? None = 5; One = 3; Two or more = 0				
How often does the person participate in social activities? Never = 0; Once a week = 3; More than once a week = 5				
How often does the person attend religious activities? Less than once a week = 0; Weekly or more = 5				
Is the person: Healthy weight = 5; Overweight or Obese = 0				
Rate your happiness on a scale of 1-10, where 10 represents the best possible life for you and 0 represents the worst possible life for you. What number do you give yourself (or your friends) now?				
<b>TOTAL POINTS (65 possible):</b>				

## TOTALS

**55+ points:** Your friends have a big positive influence on your health behaviors. Nurture these friends and spend as much time as you can with them.

**40 to 54:** These friends have a small positive influence on your life. You should still socialize with them as much as possible (America's happiest people socialize seven hours a day) but you may want to encourage them to be healthier when you can.

**25 to 39:** These friends probably influence your health behaviors negatively. You may want to involve them in your healthy pursuits, or be aware of how much time you're spending with them and what you're doing.

**Below 25:** These people almost certainly are dragging your health behaviors down. If these aren't friends to whom you're committed or need your help, you might want to consider expanding your social network.