

# Citizen Report Card – Earning Years (Adult)

**GPA= Total Score / 15**

In each column count number of responses and multiply by the number at the top for a column score. Then add column scores for a total and divide by 15 for GPA

	Total: _____	“D”: 1 x _____ = _____	“C”: 2 x _____ = _____	“B”: 3 x _____ = _____	“A”: 4 x _____ = _____
Personal	<b>Weight (\$650)</b> (see other side for BMI)	<input type="checkbox"/> BMI>40	<input type="checkbox"/> BMI>30	<input type="checkbox"/> BMI 28-30	<input type="checkbox"/> BMI ≤ 27
	<b>Smoking (\$700)</b>	<input type="checkbox"/> Over one pack per day/ or use of Illegal substances	<input type="checkbox"/> One pack per day and not trying to quit	<input type="checkbox"/> Less than one pack per day and trying to quit	<input type="checkbox"/> Non-smoker
	<b>Alcohol (\$10,000)</b>	<input type="checkbox"/> Use with negative consequence / Inappropriate medication use	<input type="checkbox"/> More than five drinks in a setting or more than 7 drinks in a week	<input type="checkbox"/> 5 - 7 alcohol containing drinks per week	<input type="checkbox"/> Less than 5 alcohol containing drinks per week. (Up to 7 if red wine)
	<b>Non Marital Sexual Activity<sup>1</sup></b> (s\$722/p\$5937)	<input type="checkbox"/> Unprotected non marital sexual activity (NMSA), in the past 3 months	<input type="checkbox"/> Condom 90% of the time with NMSA in the past 3 months	<input type="checkbox"/> Condom 100% of the time with NMSA in the past 3 months	<input type="checkbox"/> Abstinence with NMSA (no non marital sexual activity), in the past 3 months
	<b>Primary Care</b>	<input type="checkbox"/> No health screen, or no check up in the past 5 years	<input type="checkbox"/> “Check Up” in past 3-5 years <sup>2</sup>	<input type="checkbox"/> “Check Up” in past two years <sup>2</sup>	<input type="checkbox"/> Know BP, blood sugar, and cholesterol from past 2 years
Family	<b>Family Time (or contact if single)<sup>3</sup></b>	<input type="checkbox"/> Family never eats together	<input type="checkbox"/> Family eats together 1-2 days per week	<input type="checkbox"/> Family eats together 3-4 days per week	<input type="checkbox"/> Family eats together 5 days per week
	<b>Environmental Hazards</b>	<input type="checkbox"/> Home not assessed for either lead or radon	<input type="checkbox"/> Home assessed for either lead or radon	<input type="checkbox"/> Working smoke detector and fire extinguisher	<input type="checkbox"/> Home free of lead, and radon with detector and extinguisher
	<b>Financial Planning</b>	<input type="checkbox"/> Less than 90% of bills paid on time	<input type="checkbox"/> 90% of bills paid on time	<input type="checkbox"/> No credit card debt (CCD) > 90 days	<input type="checkbox"/> Savings that equal six months living expenses, no CCD>90d
	<b>Family Direction<sup>4</sup></b>	<input type="checkbox"/> No family discussion about yearly goals	<input type="checkbox"/> Family discussion about goals	<input type="checkbox"/> Written goals that are reviewed yearly.	<input type="checkbox"/> Family Mission Statement and written goals reviewed yearly
	<b>Emergency Preparedness</b>	<input type="checkbox"/> No emergency planning	<input type="checkbox"/> Provisions to Shelter in Place for 3 days (e.g. food, water, supplies)	<input type="checkbox"/> Written disaster plan for home (WDP) and provisions for 3 days	<input type="checkbox"/> Provisions to shelter in place for 7 days or evacuate immediately and WDP
Community	<b>Environmental Hygiene</b>	<input type="checkbox"/> If you have ever thrown garbage on the street in the past 90 days	<input type="checkbox"/> You make weekly attempts to keep your residence litter free	<input type="checkbox"/> Pick up at least 2 pieces of garbage that you did not throw down in past 90 days (PU90)	<input type="checkbox"/> You practice the recycling of paper, plastic, or batteries, and PU90
	<b>Investment in Personal Development</b>	<input type="checkbox"/> Dropped out of or did not complete high school	<input type="checkbox"/> Completed High school or GED or C average in school	<input type="checkbox"/> Working on or completed Bachelors, or Skilled trade, or B average in school	<input type="checkbox"/> More than 5 hours per week spent in improving knowledge/skill, post graduate degree, or A average in school
	<b>Politics</b>	<input type="checkbox"/> Not a Registered Voter, or no review of current events (CE) if less than 18 years old	<input type="checkbox"/> Registered Voter , or CE review 1-2 days per week if not 18 years old	<input type="checkbox"/> Vote in 90% of elections, or CE review 3-4 days if not 18	<input type="checkbox"/> Written letter to political representative to inform them of your opinion on an issue
	<b>Global Environmental Concerns</b>	<input type="checkbox"/> Never heard of global warming before this report card	<input type="checkbox"/> Reviewed some information concerning global warming	<input type="checkbox"/> Some assessment of your carbon dioxide “footprint”	<input type="checkbox"/> Plan to reduce your carbon dioxide “footprint”
	<b>Community Service<sup>5</sup></b> (volunteer work)	<input type="checkbox"/> No evidence of community	<input type="checkbox"/> 5 hours of community service per year	<input type="checkbox"/> 5 hours of community service per month	<input type="checkbox"/> Minimum of 2 hours of community service per week (volunteer)

\*You must move from left to right and select the furthest yes that best describes you, (only 1 response per row) Copyright 2011 James Blessman

BMI Calculator: Find where your height and weight intersect.

BMI	Height (in)																											
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76									
Wgt. (lbs)	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"									
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12									
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13									
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13									
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14									
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15									
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15									
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16									
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16									
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17									
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18									
150	31	30	29	28	27	26	25	24	24	23	22	22	21	20	20	19	19	18	18									
155	32	31	30	29	28	27	26	25	24	24	23	22	22	21	20	20	19	19	18									
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20									
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20									
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21									
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21									
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22									
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23									
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23									
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24									
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24									
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25									
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26									
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26									
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27									
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27									
230	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28									
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29									
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29									

#### Further Explanations:

<sup>1</sup>A life partner in an adult same sex relationship is considered a spouse.

<sup>2</sup>A check-up is a "preventive" or wellness exam by a health provider, not a visit for a specific medical complaint. Exams should emphasize immunizations, screening for chronic disease (e.g. high blood pressure, diabetes, and cancer), as well as education on health promotion behaviors.

<sup>3</sup>For family time, if you are single and living alone, note the amount/frequency of contact with any family members (parent, sibling, cousin etc.) outside of your home.

<sup>4</sup>Automatic "B" if you have completed a "Living Will" or "Health Care Directive"

<sup>5</sup>Automatic "B" if you have donated blood in the past year.

On average, how many days per week do you do the following?

Practice Mindfulness Meditation for 10 minutes

0 1 2 3 4 5 6 7

Eat at least 3 servings of "RAW" fruits and/or vegetables

0 1 2 3 4 5 6 7

Perform at least 30 minutes of moderate physical activity (exercise)

0 1 2 3 4 5 6 7

## Earning Years

# Citizen Report Card

Recognizing that we all have a responsibility in the community in which we live, this report card list personal targets that would not only benefit you, but the community in which you live. Moving from left to right, pick the category that best describes you. The goal over time is to move from red to green.

**A community of A's will be a great place to live.**

Targets to make our community a better place

What's your GPA?

\_\_\_\_\_/15=\_\_\_\_\_

A	4.00
A-	3.75-3.99
B+	3.25-3.74
B	3.00-3.24
B-	2.75-2.99
C+	2.25-2.74
C	2.00-2.24
C-	1.75-1.99