

Lifestyle Assessment Sheet – FANTASTIC Checklist



Please circle one response on each line (you may total your score if you wish). Scoring detailed below.

	ITEM	2 points	1 point	0 points	Your score	
F Family	Communication with others is open, honest and clear	Almost Always	Sometimes	Hardly Ever		
	F Friends	I give and receive affection	Almost Always	Sometimes	Hardly Ever	
	I get the emotional support that I need	Almost Always	Sometimes	Hardly Ever		
A Activity	Active exercise – 30 minutes eg. Running, cycling, fast walking	Almost Always	Sometimes	Hardly Ever		
	Relaxation and enjoyment of leisure time	Almost Always	Sometimes	Hardly Ever		
N Nutrition	Balanced meals	Almost Always	Sometimes	Hardly Ever		
	Breakfast daily	Almost Always	Sometimes	Hardly Ever		
	Excess sugar, salt, animal fats, or junk foods	Minimal Use	Sometimes	Frequently		
	Ideal weight	Within 4kg	Within 8kg	Not Within 8kg		
T Tobacco	Tobacco in the past year	None	Occasional Use	Daily Use		
	T Toxics	Abuse of drugs: Prescribed and unprescribed	Seldom or Never	Sometimes	Frequently	
		Coffee, tea, cola	Under 3 per Day	3 – 6 per Day	6 or More	
A Alcohol	Average intake per day	Less Than 2	2 Drinks	More Than 2		
	Alcohol and driving	Never Drink and Drive	Only Rarely	Fairly Often		
S Sleep	7-9 hours sleep per night	Almost Always	Sometimes	Hardly Ever		
	S Seatbelt	Frequency of seatbelt use	Always	Most of the Time	Sometimes	
		S Stress	Major stressful events in past year	None	1 - 2	3 or More
T Type of Personality	Sense of time urgency; impatience	Hardly Ever	Sometimes	Almost Always		
	Competitive and aggressive	Hardly Ever	Sometimes	Almost Always		
	Feelings of anger and hostility	Hardly Ever	Sometimes	Almost Always		
I Insight	Positive thinker	Almost Always	Sometimes	Hardly Ever		
	Anxiety, worry	Hardly Ever	Sometimes	Almost Always		
	Depression	Hardly Ever	Sometimes	Almost Always		
C Career	Satisfied in job or role	Almost Always	Sometimes	Hardly Ever		
	Good relationships with those around	Almost Always	Sometimes	Hardly Ever		
Total (out of 50)						

Scoring: 42-50 = You're in control / 35-41 = Good / 30-34 = Fair / < 29 = You need to take more control over your lifestyle behaviours.

From 'Lifestyle assessment: Development and use of the FANTASTIC checklist', by Wilson DMC, Ciliska D Can. Fam Physician, 1984, 30: 1527-32, with modification to the tobacco question by K Wilhelm.