**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Journal #: \_\_\_\_\_5\_\_\_**

50 = you are chill; no problem

50 – 59 = mild stress; you’re ok

60 – 70 = moderate stress; make some changes

71 – 85 = stressed; you must make changes or suffer mental and physical consequences

 86 = severely stressed; you are suffering mental and physical consequences; get help

**Add the scores in**

**each column and put the grand total here - \_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **Never** | **Rarely** | **Sometimes** | **Often** | **Always** |
| **1.** |  |  |  |  |  |
| **2.** |  |  |  |  |  |
| **3.** |  |  |  |  |  |
| **4.** |  |  |  |  |  |
| **5.** |  |  |  |  |  |
| **6.** |  |  |  |  |  |
| **7.** |  |  |  |  |  |
| **8.** |  |  |  |  |  |
| **9.** |  |  |  |  |  |
| **10.** |  |  |  |  |  |
| **11.** |  |  |  |  |  |
| **12.** |  |  |  |  |  |
| **13.** |  |  |  |  |  |
| **14.** |  |  |  |  |  |
| **15.** |  |  |  |  |  |
| **16.** |  |  |  |  |  |
| **17.** |  |  |  |  |  |
| **18.** |  |  |  |  |  |
| **19.** |  |  |  |  |  |
| **20.** |  |  |  |  |  |
| **Subtotals:** |  |  |  |  |  |
| **Multiply** | **X 1 =** | **X 2 =** | **X 3 =** | **X 4 =** | **X 5 =** |