How Long are You Gonna be Around?

Start with the average life expectancy of your sex (for a 35 year old) and do the math below...

**What’s your body type?**
- Underweight: +1
- Slim/regular: +1
- Overweight: +1
- Obese: +1

**Heart problems in the family?**
- None: +1
- Some: +1
- A lot: +1

**Blood pressure?**
- Good: +1
- Not so good, but being managed: +1
- Not so good and not being managed: +1

**Stress in your life?**
- It’s a good thing: +1
- I have my ups and downs: +1
- A bit overwhelming: +1

**Exercise?**
- Jock: +1
- Mild cardio 4x a week: +1
- A little: +1
- Couch potato: +1

**Diet?**
- Call me peter rabbit: +1
- Average: +1
- Me and Micky D: +1

**Fasten your seatbelt?**
- Always: +1
- Not so much: +1

**Driving**
- AAA: +1
- Occasional speeding ticket: +1
- A bit reckless: +1
- Paris Hilton (1 DWI conviction): +1
- Robert Downey Jr (2 DWI convictions): +1

**Drinks**
- 0-2 a day: +1
- 3-4 a couple times a week: +1
- Blotto at least once a month: +1

**Smoke**
- Never: +1
- Quit more than 2 years ago: +1
- Just quit: +1
- Less than 2 packs a day: +1
- More than 2 packs a day: +1

**Drugs**
- Never: +1
- Yeah, and?: +1

---

**WHEN YOU’LL DIE!**

---

**WHEN YOU’LL DIE!**