****

**Confidential**

**Staff Use Only**

**Making every Opportunity Count Please Tick if**

 **Discussed/Signposted**

Please answer the questions below and talk to a nurse.

 Staff Initials \_\_\_\_

**Disccussed/Signposted**

**How are you feeling today?**

|  |
| --- |
| **On a scale of 1 - 5** |
|  **1 2 3 4 5** **Not very good Great** |

**Yes/ No**

![C:\Users\mackeh3\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7NE1DTY0\world-no-tobacco-day[1].png]()

 Do you currently smoke?

![C:\Users\mackeh3\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\01U1LNEJ\stock-vector-autumn-still-life-with-fruit-and-vegetables-harvest-214523482[1].jpg]() Would you say you are........

 Underweight

 Just about right

 Overweight

 How many portions of fruit & vegetables do you eat a day?

 **Age: Gender: Postcode:**

**=**

![C:\Users\mackeh3\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7NE1DTY0\alcohol[1].jpg]()

**Yes/ No**

 Do you drink alcohol?

 If yes, typically how many units do you drink per week?

**Yes/ No**

![C:\Users\mackeh3\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DHI1XJDO\310814_maj1ck_walk-cycle-gif[1].gif]()

 Do you do 30 minutes of moderate activity

 (e.g. brisk walking) 5 times a week?

**Yes/No**

![C:\Users\mackeh3\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\XXA8K4EW\think[1].jpg]()

 During the past month have you often been

 bothered by feeling down, anxious or stressed?

**Yes/ No**

![C:\Users\mackeh3\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\01U1LNEJ\158611715[1].jpg]()

 Do you have any money concerns?

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 **Many thanks for completing this.**

 **If you are living as well as you can well done!**

 Do you have any other concerns about your wellbeing?

**Yes/No**

**s/ No**