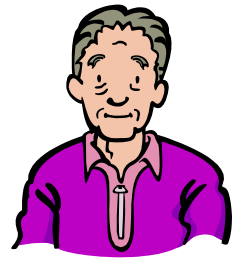




# Calculate Your Life Expectancy...



How long will you live?

Ask a partner these questions and calculate his/her life expectancy:

1. Are you male or female? .....
2. Do you live in a). an urban area b). a small town c). a village or countryside .....
3. After graduation do you expect to do a). desk work b). light physical work c). heavy physical work.....
4. Do you do strenuous physical exercise at least 3 times a week?.....
5. In the future, do you plan to a). live with family b). live alone .....
6. Do you often sleep less than 6 or more than 8 hours a night?.....
7. Are you sometimes short-tempered? .....
8. Are you generally happy?.....
9. Do you take steps to relieve your stress?.....
10. Are you or do you expect to be rich? .....
11. Do you expect to graduate from college? .....
12. Are you planning to do a master's course or PhD?.....
13. Are you planning to work after the age of 65?.....
14. Do you smoke? (If yes, how many a day?).....
15. Do you often eat snacks or junk food? .....
16. Do you drink alcohol a). never b). a little everyday c). a lot everyday d). occasionally.....
17. Do you take illegal drugs? .....
18. Did any of your grandparents live to be over 80?.....
19. What is your BMI?.....
20. How old are you?.....

Answers:

Start with 74

1. Are you male or female? Male = -3 female = +4
2. Do you live in a). an urban area b). a small town c). a village or countryside a) = -2 b) = -1 c) = +1
3. After graduation do you expect to do a). desk work b). light physical work c). heavy physical work a) = -1 b) = +1 c) = -2
4. Do you do strenuous physical exercise at least 3 times a week? Yes = +2 No = -1
5. In the future, do you plan to a). live with family b). live alone a) = +2 b) = -2
6. Do you often sleep less than 6 or more than 8 hours a night? Yes = -3
7. Are you sometimes short-tempered? Yes = -3
8. Are you generally happy? Yes = +3 No = -3
9. Do you take steps to relieve your stress? Yes = +2
10. Are you or do you expect to be rich? Yes = -2 No = +1
11. Do you expect to graduate from college? Yes = +2
12. Are you planning to do a master's course or PhD? Yes = +2
13. Are you planning to work after the age of 65? Yes = +3
14. Do you smoke? (If yes, how many a day?) No = +4 ~10= -3 ~20= -4 ~40 = -6
15. Do you often eat snacks or junk food? Yes = -3 No = +1
16. Do you drink alcohol a). never b). a little everyday c). a lot everyday d). occasionally a=+1, b=+2, c=-3
17. Do you take illegal drugs? Yes = -5
18. Did any of your grandparents live to be over 80? Yes = +3
19. What is your BMI? <20 = -2, 20~25=+2, >25=-2, >30=-6
20. How old are you? 20~30=+1, 30~40=+2, 40~50=+3, 50~70=+4