

life. In fact, as time goes on, your chances should actually improve!

If the final result matches exactly or slightly exceeds the number you originally placed in the box, you are probably on the right track, but you should continue taking care of yourself.

If the final number is between one and five years under the original life expectancy in the box, you are probably engaged in less-than-healthy activities. You should devote more time to changing the factors which subtracted the most points.

If your life expectancy is between six and 10 years below the original number, you should take immediate steps to correct your life-style in the areas where you can change. Go over the questions yielding results in the - column, and start working on getting more credit in the + column. If the test result indicates that your personal life expectancy is more than 10 years below the original, arrange to have a medical check-up and discuss with your physician ways to improve your health. ■

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