

# How Seasonal Are You?

Fill out the following information based on your experience over 3-5 years when you lived in a single climate - the most recent, the better.

## 1. In what months do you?

	J	F	M	A	M	J	J	A	S	O	N	D
Feel Best												
Gain the most weight												
Socialize most												
Sleep least												
Eat most												
Lose most weight												
Socialize least												
Feel worst												
Eat least												
Sleep Most												

## 2. How much do the following change with the seasons?

	0 No Change	1 Slight Change	2 Moderate Change	3 Marked Change	4 Extremely Marked Change
Sleep Change					
Social Activity					
Mood (overall feeling of well-being)					
Weight					
Appetite					
Energy Level					

## 3. How big a problem are the changes you experience with the seasons?

Mild	Moderate	Marked	Severe	Disabling