If you have an annual physical exam, add 2 ______
If you are between the age 30 to 40, add 2 ______
If you are between 40 and 50, add 3 ______
If you are between 50 and 70, add 4 ______
If you are over 70, add 5 ______

Anticipated age ______

Add a plus sign to your expected life span if any of the following pertain to you.
Blood pressure less than 130/75
Cholesterol less than 200
Resting pulse rate less than 60 beats/minute
No breathing problems or asthma
Presently live with a pet
Still working after age 62
Light eater
Don't skip breakfast
Have social contacts besides spouse

Add a minus sign to your expected life span if any of the following pertain to you.
Blood pressure greater than 140/90
Cholesterol greater than 200
Take a long time to recover after exercise
Anemic
Suffer illnesses more than the average person your age
Easily winded
Resting pulse greater than 80 beats per minute
Heavy eater or skip breakfast
No social contacts beside spouse

Comments: The CDC Mortality Statistics indicate that women outlive men by an average of 6.4 years.