

Are you a candidate for Mental Fitness Training?

*Fill out this profile to find out.**

NAME: _____

DATE: _____

MENTAL FITNESS SCREENING PROFILE

0	1	2	3	4
Never	Rarely	Occasionally	Frequently	Very Frequently
Bothered by thoughts or worries more than twice a day				
Trouble getting or staying organized				
Sleep not restful and satisfactory				
Gets annoyed or irritated on a regular basis				
Foggy or confused more than occasionally				
Troublesome fears, anxieties, moods, or attitudes				
Routinely overwhelmed or fatigued				
Poor concentration				
Easily angered or upset				
Moody or out of control				
Feels or causes distress in relationships				
Hard to get along with				
Performance needs improvement				
Prone to physical ailments				
Holds grudges, blames others				
Overly inconsistent				
Difficulty moving from one activity to the next				
Avoids or has trouble with schedules or deadlines				
Negative emotions that hamper or restrict participation in and satisfaction with life				
Bored or overly restless more than twice a week				
Trouble coping with frustration				
Hypersensitive or faultfinding				
Impulsive (Ready, Fire, Aim)				
Doesn't finish or follow through on important things				
Chronically misinterprets signals or communications from other people				
Problems learning or executing academic tasks				
Feels wronged or victimized unjustly				
Memory problems, forgetfulness				
Total:				

***Please call Dr. Steinberg for scoring interpretation:
408-356-1002**