

Find your score for health and lifestyle - by Basu

Its been a while I blogged due to my commitments with the Sri Lanka Premier Cricket League. At the moment I am sitting in front of the breathtaking Ghats in Varanasi to write this piece of information and the setting cannot be any better.

I interacted with almost 100 people in the last 50 days and one common thing I noticed was everyone is running wild and mad in the pretext of career, money, work, family issues etc. I am no connoisseur in talking about philosophy or neither am I going to give you any gyan. I am putting things in perspective here and the decision has to come from within. Its time I cut to the chase.

Fill this table, which is quite simple, and get your score for starters.

	Pointers	Yes = 1 = 0	No
1	I go to bed by at least 10.30 pm		
2	I drink my fish oil /caps without fail everyday of my life (a minimum of 3 gms)		
3			