

# PERSONAL HEALTH

**Place a check next to each statement that is true for you:**

Good appetite: you get hungry at mealtimes with a feeling of lightness and clarity.  
You're excited to eat but not "hangry".

Your tongue is clean, smooth and a healthy pink (no cracks, white coating or teeth indentations).

Your digestion is good – you don't suffer any digestive upset after eating like bloating, acid reflux/heartburn, tiredness.

You eliminate at least once a day in the morning.

You sleep a solid 7 – 9 hours a night. You fall asleep easily and if you wake up to pee, you can fall back asleep within 5 – 10 minutes.

You're at your optimal weight.

You have high energy throughout the day.

Your mind is calm and clear.

You experience cheerfulness, optimism and enthusiasm.

You have an overall sense of satisfaction with life.

You have a strong immune system.

You are comfortable in your own skin and at ease in your body.

## WHAT IS YOUR SCORE?

Determine your health score. Give yourself 1 point for every checkbox that you marked.

**Your Score** \_\_\_\_\_ **Divide by 12** \_\_\_\_\_ **Multiplied by 100 =** \_\_\_\_\_

**Your Health Score** \_\_\_\_\_ %

## WHAT IT MEANS

**Thriving (80% or More) :** You're rocking it! You must be doing something right so keep it up.

**Surviving (60% - 80%) :** You're coasting but there is certainly room for improvement.

**Suffering (Under 60%) :** It's time to start making your health a priority. If you haven't hit a crisis yet, it's around the corner.