

DAILY ROUTINE

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

I eat my last meal by 7 PM and don't eat again until at least 13 hours later (NO late-night snacking)

I'm in bed no later than 10:30 PM and get 7 -9 hours of restful sleep.

I'm physically active and move my body for at least 20 minutes a day.

I eat a relaxed, substantial and nourishing lunch.

I don't rely on caffeine or sugar to get me through the day; instead, I take breaks when I need to recharge.

I take time to relax each day and do something for myself.

I eat a whole-food diet with lots of leafy greens and seasonal vegetables.

I cook/prepare 85% of my meals.

I flow through my days with a sense of ease and gratitude. I have a deep trust in the universe and that everything will be ok.

I take time daily to sit in silence, reflect or pray.

WHAT IS YOUR SCORE?

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

Your Score _____ **Divide by 10** _____ **Multiplied by 100 =** _____

Your 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.