

Your Health Balance Score

Is Your Health In Balance?

Being Healthy is all about creating a healthy lifestyle.

Scale: 0= Never

5= Sometimes

10=Always

Circle your answers. Total all categories to get your Total Health Balance Score.

Nutrition: Healthy Food Choices

0 1 2 3 4 5 6 7 8 9 10

Nutrition: Frequency of Meals

0 1 2 3 4 5 6 7 8 9 10

Nutrition: Water

0 1 2 3 4 5 6 7 8 9 10

Exercise: Cardio

0 1 2 3 4 5 6 7 8 9 10

Exercise: Weight Resistance

0 1 2 3 4 5 6 7 8 9 10

Stress Free

0 1 2 3 4 5 6 7 8 9 10

Nutritional Supplements

0 1 2 3 4 5 6 7 8 9 10

Detoxification

0 1 2 3 4 5 6 7 8 9 10

Sleep

0 1 2 3 4 5 6 7 8 9 10

Fun

0 1 2 3 4 5 6 7 8 9 10

Your Health Balance Score: _____