



Health Balance Exercise

Select the answers that most closely reflect your current lifestyle habits. Write answers on the space in Alpha-Numeric format. (ex: if your answer to 1 is “1 X /week”, you would write 1 - b in the space provided)

1. God Connection – Nourishing Your Spirit

- a) Sporadically
- b) 1 X /week
- c) 1-3 X /day
- d) 2 X/month
- e) Never

2. Meditation – Mental Strengthening and Clarity

- a) Never
- b) 3 X/week
- c) 1-3 X/day
- d) 1 X/month
- e) Once a year

3. Exercise – Holistic Strengthening and Toning

- a) Once a year
- b) 2 X/week
- c) 3-6 X/week
- d) 1-4 X/month
- e) Never

4. Recreation – Holistic Fun times

- a) Never
- b) 1 X/week
- c) Everyday
- d) 1 X/month
- e) Once a year

5. Relaxation – Holistic Stress Reduction Periods

- a) 1 X/month
- b) 3 X/week
- c) Everyday
- d) 1 X/week
- e) Never

6. Restful Sleep – REM Sleep Periods (per 24 Hrs.)

- a) Naps here and there
- b) 12+ hours
- c) 7 – 10 hours
- d) 6 hours
- e) Sporadically

7. Sunshine & Fresh Air – Holistic Refreshing

- a) 1 X/month
- b) 3 X/week
- c) Everyday
- d) 4 – 8 X/month
- e) Never

8. Healthy Elimination (BM) – Physical Waste Removal

- a) Sporadic
- b) 1 X/day
- c) After every meal (3 X/day)
- d) 4 X/week
- e) I’m usually constipated

9. Urination – Physical Detox & Waste Removal

- a) 12+ times/day
- b) 3 times/day
- c) 4-6 times/day
- d) 1-3 time/day
- e) Once every 2-3 days

10. Pure, Clean Water *Internal Cleansing/Hydration

- a) I Don’t Drink Water
- b) 12 – 24 oz./day
- c) 32 – 48 oz./day
- d) 50 – 80 oz./day
- e) Less than 12 oz./day

11. Pure, Clean Water *External Cleansing/Hydration

- a) Rarely
- b) 1 X/week
- c) Everyday
- d) 3 X/week
- e) Never

12. Healthful Diet – Physical Nourishment

- a) Snacks, candy, soft drinks, fast foods
- b) Fruits, Vegetables, Fish, Poultry, Red Meats
- c) Cooked or Raw Vegetarian
- d) Balanced Vegetarian plus fish
- e) I Dine Out/ I Eat Whatever I Want



Health Balance Exercise

Be very honest with yourself to get a more accurate picture of your health balance. After you've written your answer in each of the spaces, (1) place a dot in the square that corresponds with each of your answers. (2) Connect the dots to create a line from left to right. How balanced are you?

	1	2	3	4	5	6	7	8	9	10	11	12
A	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
B	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
C	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
D	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
E	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red

The best result is a straight line in the GREEN zone. If your line peaks or plunges, those are the areas that require more focus for re-balancing. Your consultant will instruct you on using the Natural Health Guidelines to help reestablish your healthy balance.

GREEN Zone– You are holistically in sync and living a healthy, balanced lifestyle!

YELLOW Zone – Your health balance is average, but no doubt, you have a few health concerns. Focus on those slightly, unbalanced areas to regain your healthy balance.

RED Zone – Good decision to take this exercise! Time to get started utilizing the Natural Health Guidelines to restore your healthy balance!

Combination Zones – **Definitely out of balance with multiple health concerns.** Focus on leveling out the peaks and plunges by using the Natural Health Guidelines. Your naturopathic consult will include recommendations to help restore your healthy balance.

Speak to your consultant about enrolling in the *Holistic Healing Arts* course to address any health concerns. When you finish the course, retake the Health Balance Exercise and experience an exciting, Healthy, Balanced Lifestyle. Start today on your wonderful journey to optimal health and wellness!