



# Health Balance Assessment

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

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**7. Sunshine & Fresh Air – Holistic Refreshing**

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

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**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

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**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

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**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

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**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

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**4. Recreation – Holistic Fun times**

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

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**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

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**5. Relaxation – Holistic Stress Reduction Periods**

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

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**11. Pure, Clean Water \*External Cleansing/Hydration**

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

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**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

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**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

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# Health Balance Assessment

Be very honest about your lifestyle habits to get accurate results. Write your response for each question in the space provided. Next, place a dot in the square that corresponds with each of your answers. Once you have dots for all questions, connect the dots to create a line from left to right. This line represents your Health Balance.

	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 with your Naturopathic Practitioner or Consultant about ways to address your health concerns. Enroll in *Holistic Healing Arts* and take a course to help you design a lifestyle for holistic natural living. Once you've finished the course, retake the Health Balance Exercise and experience an exciting, Healthy, Balanced Lifestyle of natural healing. Start your wonderful journey today to optimal health and wellness!