The Wellness Score.

The one score you can't afford to fail.

Parameters	Exam ID: 1487		Exam ID: 1489	
	Data	Rating	Data	Rating
MSQ	65	0	5	100
BMI	32	30	27	70
Waist to Hip Ratio	1.01 waist/hip	10	.92 waist/hip	100
HbA1c	6.1%	60	5.5%	100
Triglyceride/HDL Ratio	12.2:1	0	2.9:1	50
Overall Wellness Grade	**F**		**B**	

Overall Wellness Score

61.67

TRAUMA
Physical Stress

- Birth
- Walking, Sitting, Standing
- Computer Use
- Sports
- Falls & Trips
- Accidents
- Posture
- Regular Activities
- Lack of Regular Activity
- Gravity
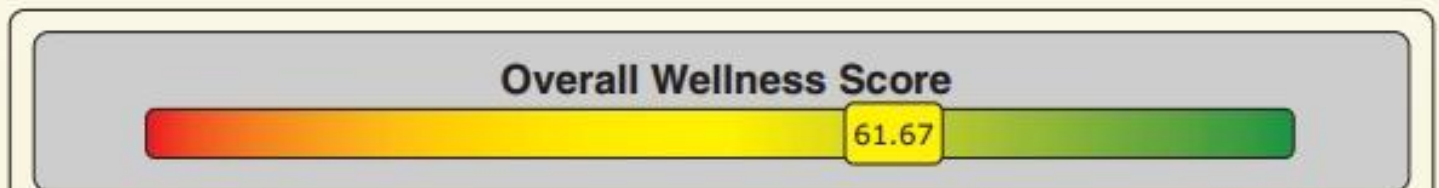
THOUGHTS
Mental/Emotional Stress

- Anger
- Worry & Fear
- Guilt
- Financial
- Time
- School
- Relationships
- Family
- Grief
- Job

TOXINS
ChemicalStress

NUTRITION
- Processed Foods
- Refined Sugar
- Prepared food
- Fast Food
- Additives
- Preservatives
- Low Nutrients
- Dehydration

DRUGS
- Prescriptions
- Illegal
- OTC
- Tobacco
- Alcohol
- Caffeine

ILLNESS 50	⇦ Disease Developing ⇦	**COMFORT ZONE** False Wellness 75	⇨ Developing Wellness ⇨	**WELLNESS** 100
Disease	**Poor Health**	**Maintaining Health**	**Good Health**	**OptimalHealth**
• Multiple Medications	• Symptoms	• No Symptoms	• Regular Exercise	• 100% Function
• Poor Quality of Life	• Drug Therapy	• Inconsistent Nutrition	• Good Nutrition	• Further Development
• Limited Potential	• Surgery	• Sporatic Exercise	• Wellness Education	• Active Participation
• Limited Body Function	• Losing Function	• Health is Low Priority	• Nerve Interference	• Wellness Lifestyle