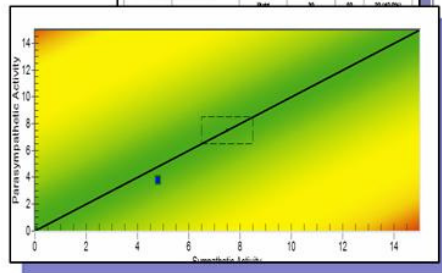


“Connecting to Wellness” Cheat Sheet

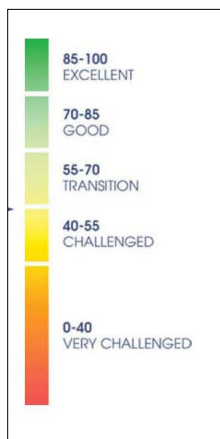
1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

NERVOUS SYSTEM TEST - PULSE WAVE



1. Have a PULSE WAVE PROFILE scan from a diagnostic center or clinic that has capability or make an appointment at our office for PWP test.



Write Results from *PWP test*:

Autonomic Activity Index: _____

Autonomic Balance Index: _____

Total Score _____

If your total score adds up to 80-100 score yourself a 3. 55-79 score is a 2. 0-54 score yourself a 1.

0-54

55-79

80-100

1
SICKNESS · CRISIS

2
AVERAGE

3.
PREVENTION · WELLNESS

www.connectingtowellness.com

RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __ YEAR

DATE _____ NAME _____

PULSE TEST	SCORE	
------------	-------	--