

“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.

NUTRITIONAL TEST - Balance Body Chemistry Assessment



1. Fill out Balance Body Chemistry Outcome Assessment Form and turn in to be scored by computer: Drop off or mail to: Back to Life Chiropractic Fax: 502-470-7347
 6225 W Highway 146
 Crestwood, KY 40014
 E-Mail: backtolifeky1122@att.net

Write Results from *Balancing Body Chemistry Test*:

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| TOTAL SCORE |
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If your total scores add up to 0-5 score yourself a 3. 6-12 your score is a 2. 13 and greater give yourself a 1.

13 < □

6-12 □

0-5 □

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|-------------------------------|---------------------|------------------------------------|
| 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 _____

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|------------------------------------|--------------|--|
| Balance Body Chemistry TEST | SCORE | |
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