

# "Connecting to Wellness" SCORE 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

BMI	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
BM	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px; text-align: center; value: 3;" type="text"/>
Nutritional Outcome Assessment:							
Balance Body Chemistry	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
Nutritec	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
PH	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
ZYTO	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>

### CARDIOVASCULAR

B.P.	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
THR							
SubMax Step Test	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
1 Mile Test	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>

### FLEXIBILITY

ROM	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
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### STRENGTH

MRULFP-WEEK	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
SEMG	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>

### POSTURE

VISUAL PS	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
X-RAY ANALYSIS	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>

### NERVOUS SYSTEM-ANS

NUTRITEC SURVEY FORM	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
THERMAL	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
PWP	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>

### FEET-ARCHES

VISUAL	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>
FL SCANNER	1	2	3	=	<input style="width: 30px; height: 20px;" type="text"/>	out of	<input style="width: 30px; height: 20px;" type="text"/>

**Disclaimer:** Please check with your doctor before making changes to your diet and physical activities.

out of   
(DIVIDED BY)

Feel free to add other test to this score sheet to come up with your individual score.

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**WELLNESS  
SCORE**

DATE: \_\_\_\_\_ NAME: \_\_\_\_\_

0%    60%    70%    80%    90%    100%

