

TRACK YOUR PROGRESS

	Today //	Week 1 //	Week 2 //	Week 3 //	Week 4 //
PHYSICAL WELLNESS					
Energy Level					
Recovery from Exertion					
Sleep Quality					
Increased Stamina					
Aches/Discomfort					
COGNITIVE WELLNESS					
Memory					
Thought Clarity/Focus					
Stress Reduction					
Mood/Emotions					
OVERALL WELLNESS					
Sense of Wellbeing					
Weight Management					
Hair/Skin/Nails					
Sexual Health					
OTHER:					
TOTAL					
WELLNESS INDEX (Your total ÷ 10 = Wellness Index)					

HOW TO DETERMINE YOUR VITALITY & WELLNESS INDEX

Begin with your initial assessment. Add up all the points in each column and then divide by 10. Repeat this process until the end of week 4.

	Below	Average	Good	Great	Excellent
Poor	1	2	3	4	5
Average					
Good					
Great					
Excellent					

For example, if your initial assessment comes to 28, divide by 10 and your score is 2.8. That's probably close to what most people think of an "average". After 4 weeks you may be able to see an improvement in your overall Vitality & Wellness.

WHO DO YOU KNOW WHO WOULD ENJOY THESE BENEFITS?
