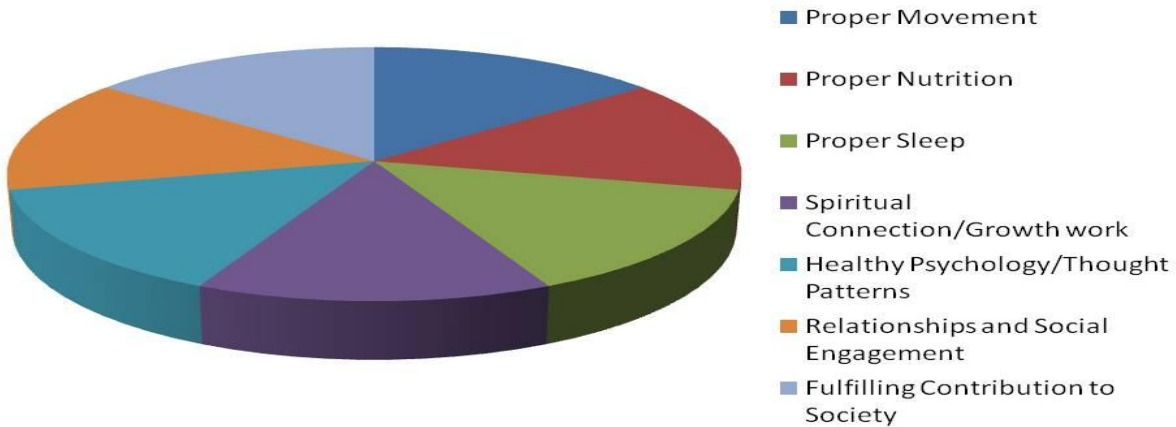


Dynamic Balance Assessment

Wellness



Using the following chart, rate the areas of wellness in your own life. Find the area with the lowest score as a percentage and use some of the strategies we'll discuss in the course to evolve that area of life and improve your overall balance.

Movement	Score 0-5
Do you do flexibility exercise in the form of yoga, stretching or dynamic movements at least three days per week? Y-5, N-0	
Do you do strength exercise, lifting weights that are very heavy for you at least three days per week? Y-5 N-0	
Do you get breathless for at least 15 minutes three days per week? Y-5 N-0	
Does your body restrict you from doing anything you'd like to do in your life? Y-0 N-5	
Do you play at something physical at least once a week? Dancing, sports, hiking, gardening etc. Y-5 N-0	
Do you go to a chiropractor, massage therapist and/or osteopath or other body worker at least once per month? Y-5 N-0	
Total	/30
Percentage	
Nutrition	
Are you eating toxins like sugar, grains, polyunsaturated fats and processed foods more than once per week? Y-0 N-5	
Have you done a health reset to check for food intolerances? Y-5 N-0	
Do you know how much protein, carbohydrate and fat your body functions best on? Y-5, N-0	
Do you take foundational nutrients like Vit D, Vit A, probiotics and essential fats regularly? Y-5, N-0	
Have you worked with a nutrition/health expert to help you sort out a protocol for your individual needs? Y-5, N-0	
Total	/25
Percentage	

Sleep	
Do you get 8-9 hours of sleep at least 5 days per week? Y-5 N-0	
Do you purposely forgo sleep for the sake of exercise or other activities like television watching? Y-0 N-5	
Do you make an effort to get more sleep when you're feeling unwell, are injured or stressed? Y-5 N-0	
If you have difficulty falling or staying asleep have you seen a practitioner to help you create a sleep protocol? Y-5 N-0 (if this question is not applicable, score 5)	
Do you work shift work? Y-0 N-5	
Total	/25
Percentage	
Spiritual Connection/Personal Development/	
Do you have a regular spiritual or developmental practice such as prayer, meditation or journaling? Y-5 N-0	
Do you have a belief system about what happens beyond life and death that gives you a sense of peace? Y-5 N-0	
Do you have a sense of connection with the earth and all the people you share it with? Y-5 N-0	
Total	/15
Percentage	
Healthy Psychology/Thoughts	
Do you work on clearing up unresolved emotional issues from your past to improve the quality of your current life? Y-5 N-0	
Do you feel that bad things happen to you with no explanation or justification? Y-0 N-5	
Do you choose how you want to react to life or do you just react? Just react- 0 Choose-5	
Do you often have conflicts with people because they are unreasonable? Y-0 N-5	
Do you regularly do things that you enjoy, just for you? Y-5 N-0	
Do you suffer from feelings of guilt because you feel you need to do more/be more? Y-0 N-5	
Total	/30
Percentage	
Relationships and social engagement	
Do you have at least one intimate (not necessarily romantic) relationship in your life? Y-5 N-0	
Do you consciously make the time to be with people you like or love? Y-5 N-0	
Have you made any new friends or established any new relationships in the past year? Y-5 N-0	
Do you spend time with members of the same sex on a regular basis in social situations? Y-5 N-0	
Do you engage in groups, teams or other community on a regular basis? Y-5 N-0	
Do you consider the environment when you make purchasing or lifestyle decisions? Y-5 N-0	
Do you take action to assist with problems, trauma or unrest in this world? Y-5 N-0	
Total	/35
Percentage	
Fulfilling work	
Do you make enough money to comfortably support yourself AND have enough to follow your heart? Y-5 N-0	
Do you do work that you feel good about, that improves life on this planet for it's inhabitants? Y-5 N-0	
Is your financial future secure? Y-5 N-0	
Do you work more than 40 hours per week? Y-0 N-5	
Does your work ever interfere with your health activities, relationships and social engagement or spiritual, personal development? Y-0 N-5	
Total	/25
Percentage	