



Vibrant Health

LOOK AND FEEL YOUR BEST

Take this quiz and find out exactly what you can do to live a more vibrant and healthy life.

The Vibrant Health Quiz

Answer yes or no for each question below.



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|-----|--|---|---|
| 1. | Do you feel foggy in your brain several times a week? | Y | N |
| 2. | Do you need caffeine to wake up or think clearly? | Y | N |
| 3. | Do you sleep less than 8 hours a night? | Y | N |
| 4. | Do you wake up more than 1 time during the night? | Y | N |
| 5. | Do you go to bed after 10pm regularly? | Y | N |
| 6. | Does your stress level feel overwhelming or out of control? | Y | N |
| 7. | Do you take any of the following brands of nutritional supplements: Kirkland (Costco), Nature Made, Centrum, CVS, Walgreens, Jarrow or any other store name brand? | Y | N |
| 8. | Do you crave sugar or salt? | Y | N |
| 9. | Do you eat when you're not hungry, bored or depressed? | Y | N |
| 10. | Do you eat foods with artificial sweeteners or GMOs? | Y | N |
| 11. | Do you eat lunch meats? | Y | N |
| 12. | Do you skip breakfast more than 1 time per week? | Y | N |
| 13. | Does your breakfast contain mostly carbs? | Y | N |
| 14. | Do you eat non-organic produce? | Y | N |
| 15. | Do you drink soda, juice or bubbly water daily? | Y | N |
| 16. | Do you need to lose more than 5 pounds? | Y | N |
| 17. | Do you consume more than 5 alcoholic drinks per week? | Y | N |
| 18. | Do you use tobacco in any form? | Y | N |

19.	Do you have gas, bloating, IBS, constipation, acid reflux or any other digestive issues?	Y	N
20.	Do you watch TV more than 2 hours per day?	Y	N
21.	Do you do exercise that makes you sweat at least 30 minutes 4-6 times a week?	Y	N
22.	Do you do strength training at least 2 times a week?	Y	N
23.	Do you eat 3 meals and 2 snacks per day?	Y	N
24.	Do you spend time with family or friends you really care about?	Y	N
25.	Do you drink at least 6- 8 cups of water per day?	Y	N
26.	Do you have a daily meditation or gratitude practice?	Y	N

Scoring

Add up your no answers for questions 1-22. Write that number here: _____.

Add up your yes answers for questions 23-30. Write that number here: _____.

Add the 2 numbers together and that is your Vibrant Health Score: _____.

If your score is 1-10 You've got some work to do to get on a healthier track. And your first step is willingness. You might have some work to do around limiting beliefs about what you can do about your health. Changes long term habits can be a challenge, but one that can be overcome. The good news is, you're here and you're obviously open to change with perhaps some support and guidance.

Action Step:

Take a look at the questions numbered 23-30. Which of these healthy habits are you not currently doing? Pick just one from the list and add it to your life this week. If it's drinking more water, than just add 1 cup this week. If it's getting to bed earlier, start by just 15 minutes per week. There are studies that show changing behavior and creating new habits takes about 21 days, but the key to success is making the change easy and linking it to an already existing habit. For example, if you want to exercise more, then do 2 pushups every time you go to the bathroom. By connecting a new desired behavior to an already existing habit, you are more likely to do the new thing.

If your score is 11-20 You're on the path. You're well on your way to living a vibrant life, but you've still got some work to do. You may still have some limiting beliefs around what you can do. The great thing is, the more good habits you have in your life, the more you can add. It's like you're feeling so good, you just want to feel great too.

Action Step:

Take a look at your answers. Which ones did you answer no in questions 23-30 and which did you answer yes in the remaining questions. These are the areas that you can start improving upon. If it's sleep, work towards getting to be by 10pm and allowing 8 hours of rest. If it's water, start your day with warm lemon water and add 1 more glass of water during the day. If it's drinking tap water, install a filter that takes out chlorine and fluoride. Whatever small action you feel you can do, just pick one and do it this week. Each week, add a new action. It helps if you attach it to an already existing behavior so be creative and consistent. Enlist a friend to be your accountability partner.

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If your score is 21-30 Then you are well on your way to living a vibrant and healthy life. You understand what it takes to be healthy and take care of your mind, body and spirit. Now it's time to take it up a notch. What are some of the things on the list that you can change. What behavior change can you do this week?

Action Step:

Choose 1 behavior that you can change and implement it this week. Continue to build on that. Have you always wanted to do daily meditation but too tired in the morning to do it? Work towards getting to bed earlier and meditate for only 5 minutes at least 3 times next week. Maybe start a meditation group or exercise group. How about a healthy eating group where you get together weekly to prepare a healthy meal and share it. Begin to look at ways to share your knowledge and experience with others.

Need more insights?

Here are some blog posts that you might find helpful.

1. [No Time for Breakfast?](#)
2. [How to Make Lifestyle Changes Less Painful](#)