

# WARRIOR WELLNESS SCALE

## CONDITIONS

## CHARACTERISTICS

**AMAZING!**  
100%



Whatever you are doing, everyone wants to know because you are the picture of vitality!! Glowing skin, rockin body, restful sleep, plenty of energy and feeling love all around.

**REALLY GOOD!**  
80%



You are feeling good most of the time! Sleep is restful, you occasionally get sick but you recover quickly. Weight is pretty stable and energy levels are generally high.

**DOING OK**  
60%



Energy levels goes up and down through out the day. Coffee is a must! You don't feel exactly sick all of the time but but you don't feel completely well either. Minor symptoms are sneaking up.

**JUST TIRED**  
40%



Something seems off but your doctor tells you all labs are "normal". Tired sums you up pretty well. Frequently sick. Sleep often not restful, dull skin, extra pounds, bloating, stomach issues. "lady" issues.

**HATING LIFE**  
20%



You have MANY symptoms, but may or may not have a diagnosed disease yet. Whatever bug or virus comes around you get. You are exhausted all the time and irritable is your new normal state.

**DANGER!!**  
10%



You spend more time with doctor or at the hospital then the rest of your family. Forget about work or family, you are just trying to stay alive.

**GAME OVER**  
0%



You are dead.

Health Care



Sick Care