



SCORE CHART

	What You Eat Zones 1, 2 & 3	Stress Zone 4	Sleep/Wake Cycles	You Are When You Eat Zone 3	Digestion Zones 1, 2 & 3	Fungus & Parasites Zones 3 & 4	TOTAL SCORE
High Priority	88	81	90	50	130	195	634
	—	—	—	—	—	—	—
	60	60	70	35	90	120	☹️
	—	—	—	—	—	—	—
Moderate Priority	40	40	50	20	50	60	260
	—	—	—	—	—	—	—
	30	30	40	15	40	50	☺️
	—	—	—	—	—	—	—
Low Priority	20	20	30	10	30	40	150
	—	—	—	—	—	—	—
	15	10	15	5	15	20	☺️
	—	—	—	—	—	—	—
Score 1							
Date: _____							
Score 2							
Date: _____							

NAME: _____