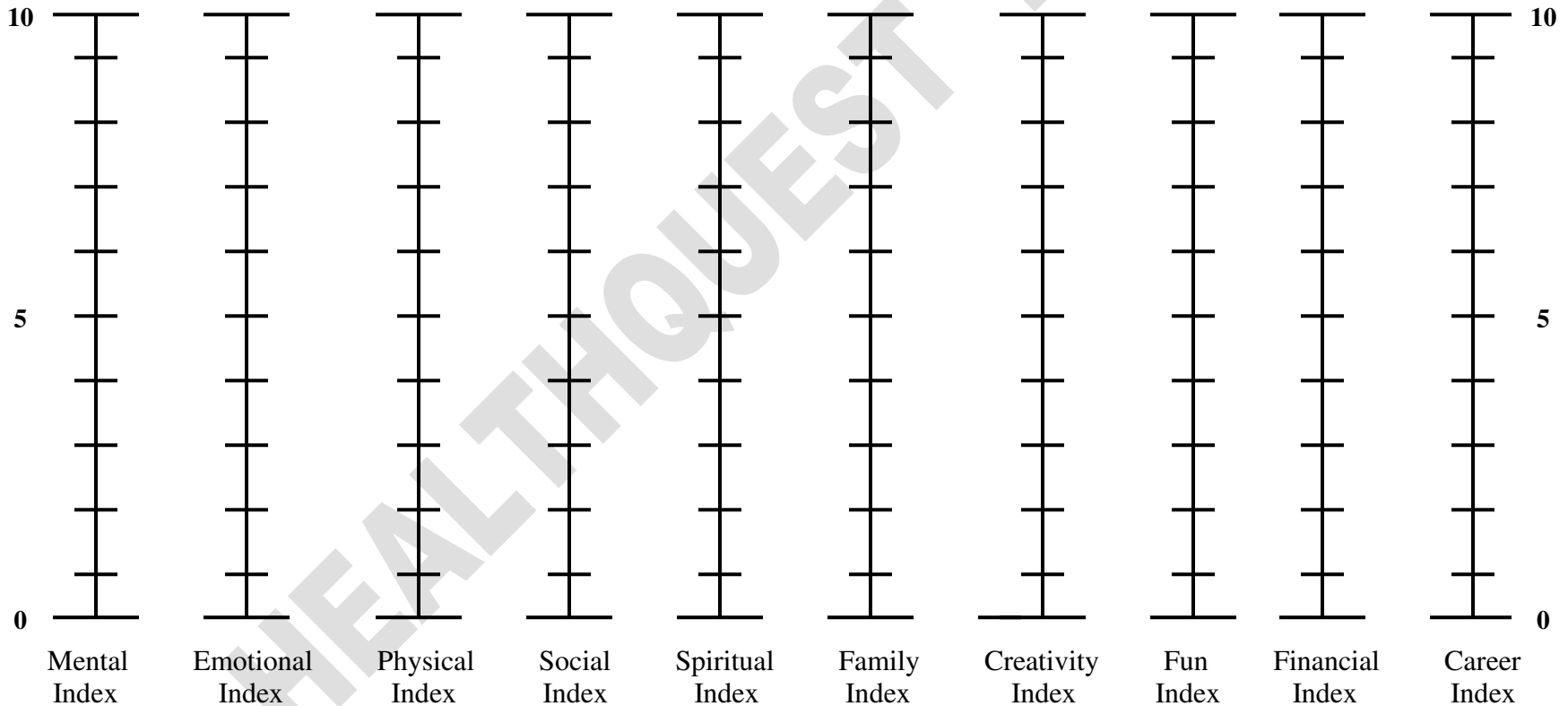




LIFESTYLE INDEX

Please indicate on each of these scales where you think and feel you are currently functioning in these areas of your life. There are obviously no right or wrong answers here, so just be honest with yourself, listen to your intuition and mark your response by circling the marks at the appropriate level.

Scale: 0 = Non-Existent to 10 = Ideal



Dr. David C. Kolbaba & Associates
1065 Dundee Avenue East Dundee, IL 60118
847-428-8850

HealthQuest Radio
HealthQuestRadio.com
Hotline: 800-794-1855
4/19