

Nutrition and Lifestyle Questionnaires Score Sheet

	Total Score	Detoxification System Health Zones 3 & 4	Fungus & Parasites Zones 3 & 4	Digestive System Health Zones 1, 2 & 3	You Are When You Eat Zone 3	Circadian Health Zone 2	Stress Zone 4	You Are What You Eat Zones 1, 2 & 3
High Priority	715	88	195	81	50	90	81	130
	☹️	60	120	60	35	70	60	60
	300	40	60	40	20	50	40	50
Moderate Priority	☺️	30	50	30	15	40	30	40
	170	20	40	20	10	30	20	30
	☺️	10	20	15	5	15	10	15
Score 1								
Score 2								

Name: _____ Date 1: _____ Date 2: _____