

# WHAT IS YOUR VQ?

(VITALITY QUOTIENT)

When was the last time you jumped out of bed feeling totally healthy, vital and energetic? If the answer wasn't this morning, the problem just might be your diet. Take our quick quiz to measure your Vitality Quotient.

## TAKE THE QUIZ:

Rate yourself on a scale of 1 (never) to 5 (always)

**How are you eating?**      1   2   3   4   5

I eat 3 daily servings of whole grains       1    2    3    4    5

I eat 5-9 daily servings of fruit & veggies       1    2    3    4    5

I eat 2 weekly serving of fish       1    2    3    4    5

I drink 8 glasses of water daily       1    2    3    4    5

I avoid eating fast & convenience foods       1    2    3    4    5

Add your checked numbers to get your score\_\_\_\_\_

**How are you feeling?**      1   2   3   4   5

I have abundant energy all day       1    2    3    4    5

I am stress free and tranquil       1    2    3    4    5

I am confident about my long term health       1    2    3    4    5

I engage in physical activity       1    2    3    4    5

I maintain a healthy body weight       1    2    3    4    5

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**YOUR VQ = TOTAL COMBINED SCORE\_\_\_\_\_**

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