Find your Performance Number 0 = Disagree 10 = Agree

DATE _____/120

1	PAIN / INJURY I move well without pain and fully recover from all injuries.	7	SKIN / HAIR / NAILS My skin is radiant and soft, and my hair and nails are strong and grow fast.
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10
2	VISION / EYES I can comfortably see clearly what I want all day.	8	DIGESTION / IMMUNITY I feel great after meals, and all the colds and flu seems to skip right over me
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10
3	MOOD / STRESS My mood stays elevated even in high stress situations.	9	WEIGHT / APPEARANCE I am excited to look in the mirror and step on the scale.
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10
4	SLEEP / DREAMS I fall asleep easily, stay asleep all night, and wake up refreshed.	10	CRAVINGS / ADDICTIONS I easily walk past the bad choices and only choose the good stuff.
4		10	
5	I fall asleep easily, stay asleep all night, and wake up refreshed.	10	I easily walk past the bad choices and only choose the good stuff.
5	I fall asleep easily, stay asleep all night, and wake up refreshed. I fall asleep easily, stay asleep all night, and wake up refreshed. AGING / BEAUTY		I easily walk past the bad choices and only choose the good stuff. O 1 2 3 4 5 6 7 8 9 10 ATHLETICS / PERFORMANCE
4 5	I fall asleep easily, stay asleep all night, and wake up refreshed.		I easily walk past the bad choices and only choose the good stuff.
5	I fall asleep easily, stay asleep all night, and wake up refreshed.	11	I easily walk past the bad choices and only choose the good stuff.