



H HUNDRED

LIFE DESIGN

**LOOKING & FEELING YOUR BEST?
ASSESS YOUR HEALTH STATUS**



YOU EXERCISE. YOU EAT RIGHT. SO WHERE ARE THE RESULTS YOU WANTED?

It might have less to do with your actions and more to do with your mentality. What is motivating you to be healthier? Is looking good your first priority? Do you think dieting alone will make you reach your goals? Discover the science behind the benefits of properly balancing exercise with correct nutrition. Then evaluate your current status and behaviors to see how healthy your thinking really is.

THE HUNDRED LIFE DESIGN HEALTH STATUS QUIZ BE BRUTALLY HONEST WITH YOURSELF. IT'S TIME FOR GREATNESS.

On the next page you will find a list of statements about your health status. Read each one carefully, then using the following scale, decide the extent to which it actually applies to you. For best results, answer as truthfully as possible.

SCORING SECTION HEALTH STATUS UP TO PAR? YOU DO THE MATH.

After completing the questionnaire, transfer your answers to the spaces below. Definition of terms and how to interpret your results are found on the following pages.

NOT AT ALL		SOMEWHAT		ABSOLUTELY	
0	1	2	3	4	5

AESTHETICS
THE DESIRE TO LOOK GOOD

Tally up your score for the previous questions:

01.	13.
04.	14.
08.	16.
09.	17.
10.	TOTAL:

FUNCTIONALITY
MEASURABLE HEALTH FACTORS

Tally up your score for the previous questions:

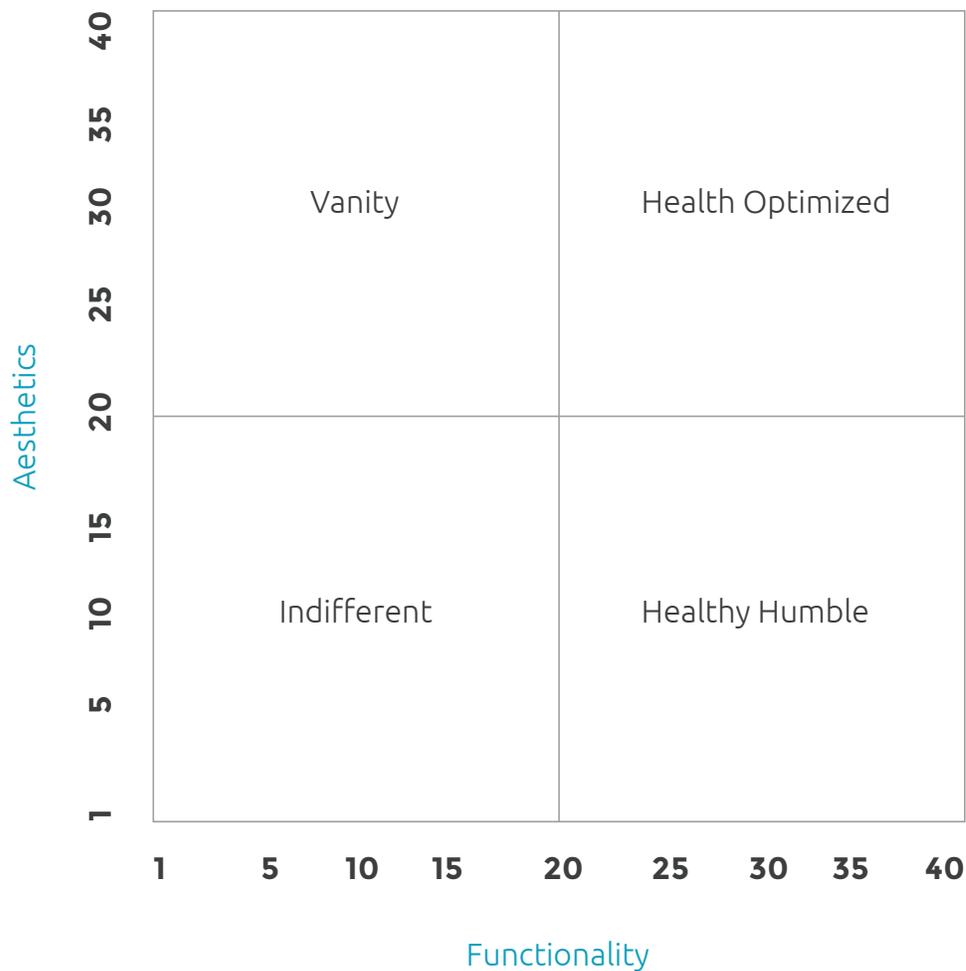
02.	11.
03.	12.
05.	15.
06.	18.
07.	TOTAL:

BEING HEALTHY CAN BE HARD. BEING UNHEALTHY IS HARDER.
PICK YOUR CHALLENGE

01. _____ I exercise and/or diet because I want to change the way I look.	10. _____ I take supplements to improve/enhance my results.
02. _____ I check and am aware of my cholesterol levels.	11. _____ I avoid overly processed or fried food.
03. _____ I check and am aware of my blood pressure.	12. _____ My heart and lung health are of great importance to me.
04. _____ Having a “hot” body is a priority for me.	13. _____ I do not feel anxious on my “cheat” days or days I am not exercising.
05. _____ I never/rarely drink soda or eat fast food.	14. _____ I feel my body weight and physique fluctuate on a near daily basis.
06. _____ Cardio training is more important than weights.	15. _____ I am aware of the proper form for each exercise I do.
07. _____ My flexibility is important, I stretch regularly.	16. _____ I follow or have tried different diets without doing much or any research on them.
08. _____ I workout, therefore I am healthy.	17. _____ I eat organic foods, superfoods, and have a mostly (or exclusively) plant-based diet, therefore I am healthy.
09. _____ Feeling comfortable and confident in a swimsuit is a top priority.	18. _____ I will finish my workouts even if I go by myself or am alone at the gym.

THE MATRIX PLOT YOUR SCORE

Plot your final scores on the graph to the right. The point of intersection between your aesthetics score (vertical axis) and your functionality score (horizontal axis) is your Health Status Score. For example, an aesthetics score of 22 and a functionality score of 25 will put your intersection point in the “Health Optimized” quadrant. See the interpretation pages which follows to understand what your score means.





ALIGN YOUR EATING WITH YOUR TRAINING ACCELERATE YOUR RESULTS

Fitness experts and nutritional scientists agree: a nutritional intake regiment (proper eating, supplementation, vitamins, etc.) which matches your exercise habits is far better than a misaligned nutrition-exercise plan.

We have a natural tendency to gravitate towards what we like while avoiding what we perceive to be difficult or uncomfortable. While this might feel easier, it is hugely inefficient and ultimately frustrating. Below are three interrelated reasons why ensuring that you are paying adequate attention to both your nutrition and activity level will help you develop the results you want.

FUEL EFFICIENCY ALLOW YOUR BODY TO WORK MORE EFFICIENTLY AND RECOVER FASTER.

Ensuring that your nutritional intake matches your fitness goals and activity level will provide you with all the energy you need! Likewise, proper alignment will also ensure that your body has the necessary calories, vitamins, and nutrients needed during periods of rest.

QUICKER RESULTS MOTIVATION SOARS

Because your body is able to work and recover more efficiently, you will see results faster. When you can see real, measurable results in a shorter period of time, you are less likely to become frustrated, give up, or “make minor adjustments.” When you see results faster, you stay motivated. In fact, you will probably grow to like it!

EARN RECOGNITION DEVELOP HABITS FOR LIFE

As your results begin to show, others will take notice too. Let’s be honest, we all want to look good. Nothing feels better than genuine compliments from others. When the world around you pays you respect for your efforts, only one outcome is possible: your nutrition-exercise alignment becomes internalized.



RESULTS

INTERPRETING YOUR SCORE

This chart will give you an idea of your current health status. Like any other instrument that attempts to profile a person or circumstance, you have to take in other factors, such as your health goals and objectives, motivation for wanting to be healthier, and current physical condition.

INDIFFERENT **LOW AESTHETIC, LOW FUNCTIONALITY**

A low priority on both physique and overall health generally indicate misinformation and/or a love of indulgence. There is no judgement here, Hundred will simply warn of the potential health risks with living this way.

VANITY **HIGH AESTHETIC, LOW FUNCTIONALITY**

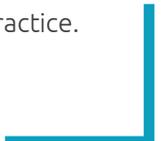
Scores in this quadrant tend to prioritize physical appearance over healthy living. In some cases, extreme behaviors are taken in an effort to achieve that “perfect” body. This can include excessive supplementation, highly restrictive eating, and a sense of anxiety when eating something “unhealthy.” Remember, just because a person looks good on the outside does not mean they are healthy!

HEALTHY HUMBLE **LOW AESTHETIC, HIGH FUNCTIONALITY**

People in this category eat all the right foods (at least most of the time) and follow the doctor’s orders. Chances are good you are indeed overall healthy. While not important for all, there is a percentage of people in this category who are not satisfied with how they look. Don’t you think you should look as good as you feel? Introducing more of the right physical activity into your routine is the key. Just make sure you adjust your nutritional intake accordingly.

HEALTH OPTIMIZED **HIGH AESTHETIC, HIGH FUNCTIONALITY**

When your desire to mold your physique is coupled with a solid understanding of nutritional science and alignment, you begin to reap the benefits of feeling and looking your best. This is holistic health in practice. This is the status of greatness.



YOU SHOULD

Review the statements in the survey and reflect on any low scores by asking yourself, "Why is the score for that area not higher?" Here is where real honesty comes in.

The answer either resides within you (ie. you are giving in to temptation or cutting corners), or you need to do a reality check and ask yourself if your nutritional and exercise needs are aligned.

Do you have the right status? Start developing it today.

READY FOR A CHANGE?

IT STARTS WITH BOLDNESS

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