

What's Your Daily Wellness IQ?

SUNRIDER®

| | ALWAYS (3) | SOMETIMES (1) | NEVER (0) |
|--|---------------|------------------|--------------|
| I avoid smoking cigarettes, pipes, cigars, vaping, and chewing tobacco. | | | |
| I avoid alcohol or drink no more than 1 alcoholic drink per day. | | | |
| I eat a wide variety of food every day, including fruits and vegetables. | | | |
| I take multivitamins or health supplements to fill in my nutritional gaps. | | | |
| I avoid caffeinated beverages or supplements that help me stay awake or alert. | | | |
| I limit eating processed foods, saturated fats, and simple carbs. | | | |
| I drink water or non-sugary beverages throughout the day. | | | |
| I exercise 4–5 times a week. | | | |
| I maintain a healthy body weight. | | | |
| I have good energy throughout the day. | | | |
| I sleep well at night and feel rested when I wake up. | | | |
| I spend time with friends and doing hobbies that I enjoy. | | | |
| I manage my stress well. | | | |
| I generally do not feel irritable or anxious. | | | |
| I am able to concentrate on my tasks. | | | |

SCORING

1–15 = You may want to live a healthy lifestyle, but old habits are dying hard and can have a serious impact on your health.

16–30 = You have some good health habits, but there's room for improvement to get into optimal health mode.

31–44 = You've made great strides in your health, and a few changes can take you to the next level!

Perfect 45 = Congrats! You have great control of your health and your life!