

TAKE OUR VITALITY QUIZ



Rate yourself from 1 (lowest) to 5 (highest)

- Daily energy level _____
- Immune system strength _____
- Appearance of skin, hair, and nails _____
- Ability to manage stress _____
- Healthy daily diet _____
- Overall health & outlook _____

Total up your Vitality score _____

17 or under

At least you're honest.
Now there's nowhere to go
but up.

18-24

The good news is, you're
doing okay. The bad news
is, you're doing just okay.

25-30

Bravo!
You obviously care
about taking care.

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