

## 9 WEEK LIFE TRANSFORMATION SCORING CHART

Name: \_\_\_\_\_

Date: from \_\_\_\_\_ to \_\_\_\_\_

WEEK	CHAPTER	ELEMENT	DATE	SCORE
1	2	Water		_____/1
2	3	Greens		_____/1
3	4	Sugar		_____/1
4	5	Fat		_____/1
5	6	Mineral		_____/1
6	7	Exercise		_____/1
7	8	Moon		_____/1
8	9	Spirit		_____/1
9	10 & 11	Metabolism & Heart		_____/2

TOTAL POINTS: \_\_\_\_\_/10

**9-10 PTS: Consider yourself healthy!**

**6-8 PTS: You'd be healthier if you make serious changes**

**5 OR LESS: You need a complete lifestyle overhaul**