



### Health Diagnostics Matrix

Rating	1	2	3	4	5
How would your doctor rate your health?					

- Legend:** Rating:
- 1 Terrible (bad)
  - 2 Below average (poor)
  - 3 Average (according to your own definition of average)
  - 4 Above average (good)
  - 5 Excellent

Write the number of times you were sick in the last year: \_\_\_\_\_

**Note:** Consider yourself sick if you did one of these:

- believed you were sick.
- said you were sick.
- agreed with someone that you were sick.
- took medicine for the challenge.
- changed your schedule because of the challenge.
- went to the doctor for a challenge (including Chiropractor, Eye Dr., Dentist, etc.)

Write the number of visits to the doctor in last 12 months, including checkups: \_\_\_\_\_

Write your total score from the Health Diagnostics Evaluation on Page 5: \_\_\_\_\_

Is this your first time in ABC Healing School Semester 1? Yes or No