HEALTH QUOTIENT (HQ)
A Simple Health Evaluation Tool

INSTRUCTIONS FOR USING THE HEALTH QUOTIENT (HQ)

For each item indicate how often you do each item. If never or rarely (1 to 3 times a month), enter a zero; if sometimes (1 to 2 days a week), enter a 3; if most of the time (4 or more times a week), enter a 6; if daily (6 or 7 days a week), then enter a 10. Total both scores and subtract the Factors Minimizing Health from the Factors Maximizing Health. The result is your HQ.

It is possible to get a negative score (factors minimizing health outweigh the factors maximizing health). A maximum HQ of 150 would indicate superior health. A score of 100 to 125 should be a good intermediary goal for most of us. A score of 60 to 100 represents sub-optimal health even though there may be no current symptoms. A score of less than 60 will be problematic for most people and requires improvement. By looking at both the positive and negative elements relating to health, you can make some practical adjustments to meet your personal health objectives.

This is just a simple HQ applying the simple formula to basic health and wellness principles.

Try it, apply it, have fun with it and enjoy Good Health!

SCORING POINTS
Never/Rarely 0
Sometimes 3
Most of the time 6
Daily 10

FACTORS MAXIMIZING HEALTH SCORE FACTORS MINIMIZING HEALTH SCORE
1. Plant Foods (fruits, veggies, nuts, seeds) ______ Flesh Foods ______
2. Chew Food Slowly & Thoroughly ______ Meat Substitutes ______
3. Avoid Liquids with Meals ______ Fried Foods ______
4. 4 to 6 hours between Meals ______ Recreational Drugs ______
5. Small supper at least 3 hrs before bed ______ Prescription Drugs ______
6. Sufficient Water ______ Dairy Products ______
7. Deep Breathing ______ Alcoholic Beverages ______
8. Exercise ______ Tobacco ______
9. Sufficient Sunlight when available ______ Caffeine or Chocolate ______
10. Sufficient Rest (6 – 9 hours) ______ Excessive Work or Exercise ______
11. Positive Attitude & Emotions ______ Air Pollution ______
12. Safe & clean environment ______ Soda or Store Juices ______
13. Meditation / Prayer Life ______ Snacks between Meals ______
14. Purpose for life ______ Processed or junk foods ______
15. Personal Responsibility for Health ______ Excessive TV (>10 hrs /wk) ______

Total Maximizing Factors ______ Total Minimizing Factors ______

Column 1 ______ minus Column 2 ______ = ______ (My HQ Score)

<table>
<thead>
<tr>
<th>SCORING</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radiant Health</td>
<td>125 – 150</td>
</tr>
<tr>
<td>Optimal Health</td>
<td>100 – 125</td>
</tr>
<tr>
<td>Sub-optimal Health</td>
<td>60 – 100</td>
</tr>
<tr>
<td>Needs Improvement</td>
<td>&lt; 60</td>
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</tbody>
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