

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.

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

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!**

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 – 9hours)	_____	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)

SCORING	POINTS
Radiant Health	125 – 150
Optimal Health	100 – 125
Sub-optimal Health	60 – 100
Needs Improvement	< 60