

Evaluate your level of inflammation

Answer the following 20 questions

5-Always

4-Usually

3-Sometimes

2- Rarely

1-Never

1. I suffer with fatigue
2. I need more energy, and focus to make my life work.
3. I find Myself overwhelmed by early evening, or wanting to take naps
4. I feel overwhelmed by my current life circumstances.
5. I find myself under high levels of stress.
6. I need to improve my fitness and workout routine.
7. I spend more time on my cell phone, Internet, or computer than I do exercising.
8. I have a difficult time letting go, relaxing, and being at peace.
9. I have a wandering mind, and non stop thinking patterns.
10. I feel worn down by my current life circumstances.
11. I suffer with self doubt.
12. I suffer with anxiety and restlessness.
13. My stress interferes with my happiness, causing less focus at home and at work.
14. I find myself discouraged about my future.
15. I can use more enthusiasm in my life at home, and at work
16. I suffer with mood swings and food cravings.
17. I feel like I hold onto stress, anger, and worry.
18. I have difficulty sleeping.
19. I feel like the aging process is slowing me down.
20. I need more ambition, drive, and purpose in my life.

SCORING

- Scores greater than 70 represent very high levels of inflammation and very high levels risk for burnout.
- Scores greater than 60 represent levels of inflammation and high risk for burnout.
- Scores are anywhere between 60-100, requires urgent training with the right anti-inflammatory wellness coaching program
- Scores greater than 50 indicate wellness programming and immune power energizations is a must.
- Scores 40-60 represent moderate levels of inflammation and early to 2nd degree burnout with a great need for wellness coaching.
- Scores less than 40 represent good to excellent health and low risk for burnout. We can always improve our game.