

# What's Your Vitality AQ? (Age Quotient)

The good news is: Age is just a number. Vitality is a state of being! How you feel and live your life reflects your vitality: simply put, a highly developed mental and physical vigor. How do you feel when you get up in the morning? How much energy and mental focus do you maintain throughout the day? Do troubled joints slow you down? Looking for more zest and vibrancy in your step and in your life? Want to be better at every age?

Let's not kid ourselves. We can't stop the aging process. But we can dramatically change the way in which we experience the aging process and how we power up on vitality. Take a moment. Assess your Vitality AQ. Then try our products for 90 days. Monitor your progress. We guarantee you'll see and feel a difference...or your money back.

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## Rate yourself for each category using the rating system below to score yourself.

- 0 to 3:** Low energy, feeling overwhelmed, not functioning well, poor food choices, frequent use of stimulants.
- 4 to 7:** Feeling/performing OK; some healthy choices, room to improve, some use of stimulants.
- 8 to 10:** Feeling/performing well, making healthy choices, steady improvement, no use of stimulants.

Vitality Indicator	Today	30 Days	60 Days	90 Days
Stress & Anxiety				
Mental Clarity				
Focus				
Sleep Quality				
Energy Level				
Positive Outlook				
Stamina				
Joint Comfort				
Joint Flexibility				
Ease of Movement				
Digestion				
Healthy Eating				
General Feeling of Wellness				
Weight Management				
Caffeine Consumption				
Total Score				

**1-35 Very Low Vitality:** You may want to consult with your physician. Immediately start an intense nutritional program. For exercise, use a pedometer and increase your steps every day. Get up and move more! Find ways to manage stress levels. Eat well-balanced, more nutritious meals.

**36-69 Low Vitality:** Immediately start a nutritional program to power up your cells, and include a daily exercise program. Eat well-balanced, healthier meals, increasing your fruit and vegetable intake.

**70-115 Moderate Vitality:** Start with a good nutritional program. Continue to exercise and manage stress. Focus on targeted areas needing improvement.

**116-150 Great Vitality:** Congratulations! You are healthy, and on track to looking, feeling and staying younger longer. You are making optimal diet and lifestyle choices. Continue your nutritional program. Increase daily exercise if necessary to enhance benefits. Monitor results and focus on areas needing improvement.