

Welcome to your Creating Wellness progress report! This report is designed to chart and monitor your progress in the Creating Wellness System. By seeing where you are progressing and where you face challenges, together we can focus on your specific priorities. Thank you for being a part of Creating Wellness, the new frontier in health and well-being.

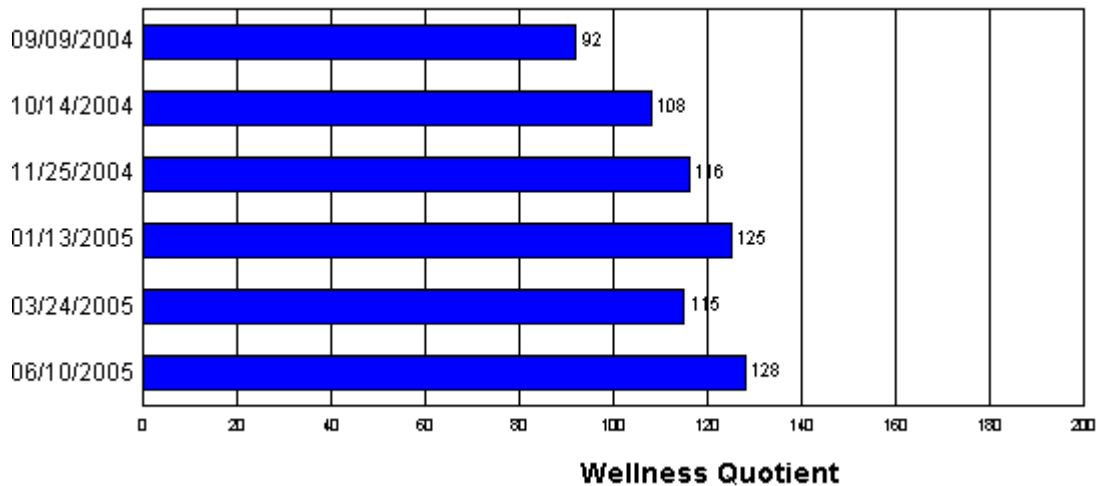
Member Information

First Name:	John	Last Name:	Doe
Center ID:	9	Member ID:	1,610
Height:	72.00	Birth Date:	Wednesday, February 5, 1969

Center Information

Center Name:	Family Creating Wellness Center		
Address:	One International Blvd Mahwah NJ USA 07430		
Phone Number:	201-684-1390	Fax Number:	201-684-1398

Wellness Quotient History



You started here:

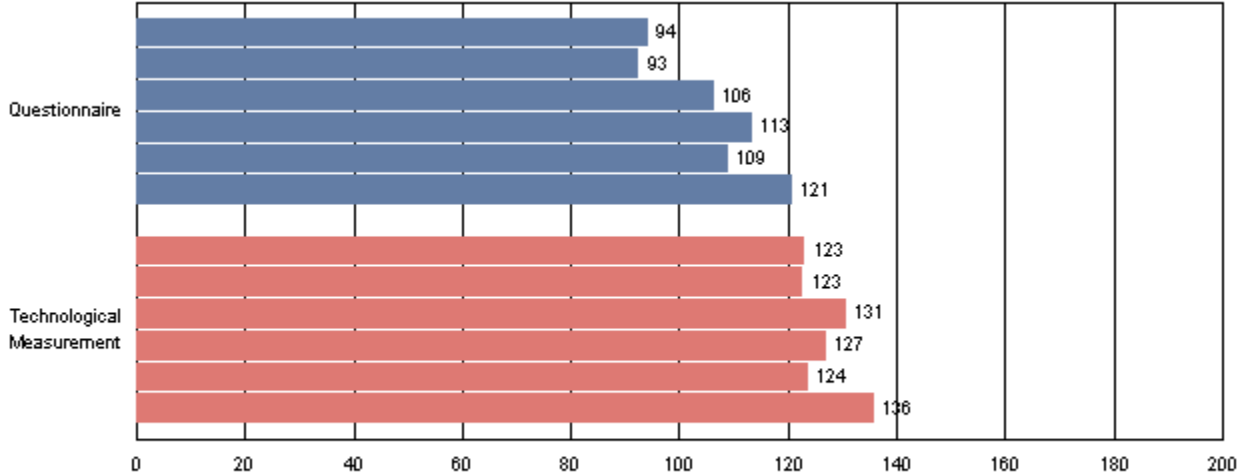


You are now here:



Physical Dimension - How you use your body

Your physical dimension assessment summarizes your strength, your cardio vascular system, lung capacity, as well as your exercise and sleep habits.

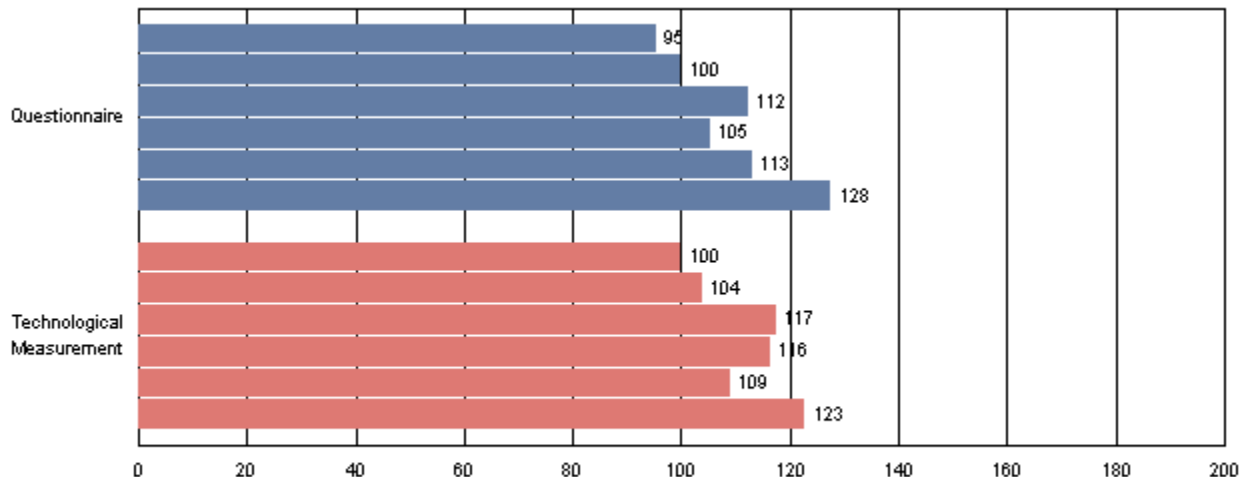


Questionnaire	9/9/04	10/14/04	11/25/04	1/13/05	3/24/05	6/10/05
Factor Score	94	93	106	113	109	121
Sleep	Challenged	Challenged	Transition	Transition	Excellent	Good
Cardiovascular	Good	Transition	Good	Good	Good	Good
Strength	Transition	Good	Good	Excellent	Good	Excellent
Chiropractic Care	Good	Good	Excellent	Good	Good	Good
Chronic Conditions	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
Technological Measurement	9/9/04	10/14/04	11/25/04	1/13/05	3/24/05	6/10/05
Factor Score	123	123	131	127	124	136
Diastolic Blood Pressure	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
Systolic Blood Pressure	Excellent	Good	Excellent	Excellent	Excellent	Excellent
Standing HR	Excellent	Excellent	Excellent	Excellent	Transition	Excellent
Seated HR	Excellent	Excellent	Excellent	Excellent	Good	Excellent
Lung Capacity	Transition	Transition	Good	Transition	Good	Good
Torso Strength	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
Arm Strength	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
Leg Strength	Good	Transition	Good	Excellent	Transition	Excellent

Your assessment in each dimension is comprised of two scores. Please note these scores are not of equal importance in the wellness quotient calculation.

Bio-Chemical Dimension - What you Do and Don't put into your body

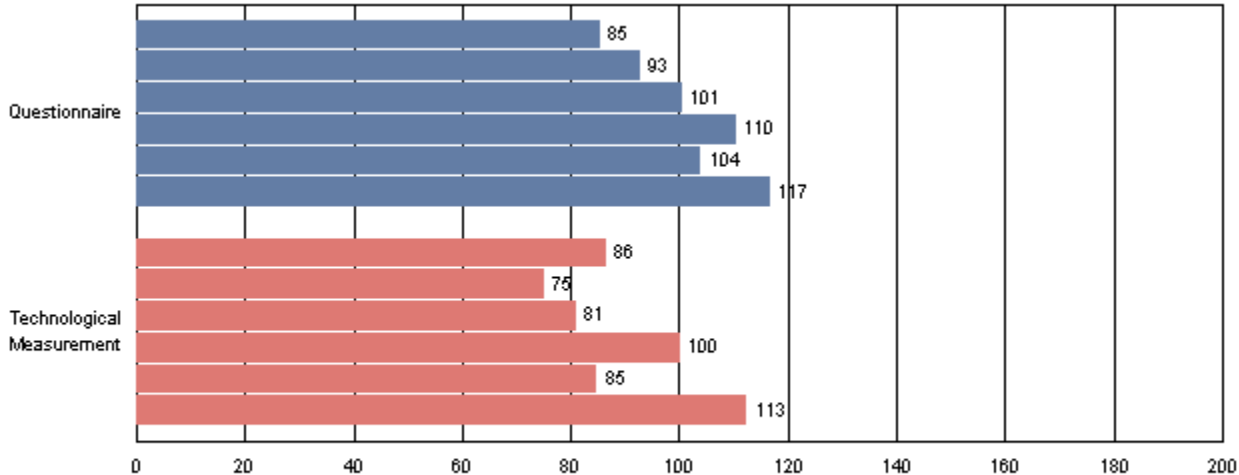
Your bio-chemical dimension summary looks at a number of measurements including your body composition, your food intake, and your chemical intake habits. What you put into your body is important, however what you don't put into your body can also be very important.



Questionnaire	9/9/04	10/14/04	11/25/04	1/13/05	3/24/05	6/10/05
Factor Score	95	100	112	105	113	128
Portion Size	Challenged	Challenged	Transition	Challenged	Good	Excellent
Water Deficit	Challenged	Transition	Excellent	Transition	Good	Excellent
Missed Meals	Good	Good	Excellent	Good	Good	Excellent
Meal Timing	Challenged	Challenged	Transition	Good	Challenged	Challenged
Processed vs. Whole Foods	Transition	Transition	Transition	Good	Good	Good
Protein to Carbohydrate Balance	Good	Good	Good	Good	Excellent	Excellent
Smoking	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
Alcohol	Good	Good	Good	Good	Good	Good
Recreational Drug	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
Chemical Exposure	Good	Good	Good	Good	Good	Good
Fruit + Vegetable Gap	Excellent	Excellent	Good	Good	Good	Good
Fast Food vs. Balanced Meals	Challenged	Challenged	Challenged	Challenged	Good	Good
Food Addictions	Good	Good	Transition	Excellent	Good	Excellent
Fat Overdose	Excellent	Excellent	Good	Excellent	Excellent	Excellent
Dietary Sabotage	Challenged	Challenged	Good	Challenged	Challenged	Good
Chiropractic Care	Good	Good	Excellent	Good	Good	Good
Technological Measurement	9/9/04	10/14/04	11/25/04	1/13/05	3/24/05	6/10/05
Factor Score	100	104	117	116	109	123
Body Fat Percentage	Transition	Transition	Good	Good	Good	Good
Girth	Transition	Transition	Good	Good	Transition	Good
BMI	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent

Psychological Dimension - The Mind/Body Connection

Your psychological assessment summarizes several measurements that demonstrate how you react to stress, your feelings of anxiety and your feeling of control over various parts of your environment. Many people do not realize how psychological stress will translate into physical ailments. The mind/body connection is becoming better understood and many experts agree on it's significant impact on overall wellness.



Questionnaire	9/9/04	10/14/04	11/25/04	1/13/05	3/24/05	6/10/05
Factor Score	85	93	101	110	104	117
Organization - Your Home	Transition	Transition	Challenged	Good	Transition	Good
Organization - Your Finances	Good	Transition	Excellent	Good	Good	Excellent
Organization - Your Time	Challenged	Good	Transition	Transition	Good	Good
Healthy Relationships	Transition	Transition	Transition	Good	Transition	Good
Organization - Your Work Life	Good	Good	Good	Transition	Good	Good
Relaxation - Techniques	Transition	Transition	Challenged	Good	Good	Good
Relaxation - The Big Picture	Challenged	Challenged	Good	Good	Excellent	Good
Relaxation - Using Humor	Excellent	Excellent	Excellent	Excellent	Good	Excellent
Defining Your Purpose	Challenged	Challenged	Good	Good	Transition	Good
Creating a Healthy Family	Transition	Transition	Transition	Good	Excellent	Transition
Career	Transition	Good	Good	Good	Transition	Good
Eliminating Anxiety	Very Challenged	Transition	Transition	Good	Transition	Good
Self-Esteem	Transition	Transition	Good	Good	Good	Excellent
Chiropractic Care	Good	Good	Excellent	Good	Good	Good
Technological Measurement	9/9/04	10/14/04	11/25/04	1/13/05	3/24/05	6/10/05
Factor Score	86	75	81	100	85	113
Stress Responsivity	Transition	Challenged	Challenged	Good	Transition	Good

Protocol History from Your CWAS Assessments

	09/09/2004	10/14/2004	11/25/2004	01/13/2005	03/24/2005	06/10/2005
Body Composition						
Weight	178.00	172.00	169.00	165.00	166.00	160.00
Body mass Index	24.14	23.32	22.92	22.38	22.51	21.70
Waist	36.00	35.10	34.70	34.20	34.60	32.50
Hips	39.00	38.50	38.50	38.30	38.20	38.00
Chest	40.30	40.00	39.60	39.00	39.30	39.00
Girth	0.92	0.91	0.90	0.89	0.91	0.86
Body Fat Percentage	21.05	20.07	19.58	18.93	19.09	18.12
Lean Muscle Mass	140.54	137.48	135.91	133.76	134.30	131.01
Cardiovascular						
Systolic Blood Pressure	119.00	115.00	121.00	116.00	118.00	117.00
Diastolic Blood Pressure	80.00	75.00	78.00	80.00	83.00	78.00
Seated Heart Rate	63.28	63.05	62.87	63.15	79.24	60.22
Standing Heart Rate	64.76	65.10	63.80	64.96	76.00	62.73
Lung Capacity	3.80	4.00	4.60	4.00	4.30	4.50
Strength						
Arm	155.00	172.00	185.00	193.00	185.00	198.00
Torso	195.00	228.00	230.00	242.00	212.00	278.00
Leg	302.00	282.00	305.00	336.00	271.00	347.00

Thank you for getting your world-class Creating Wellness Re-Assessment. Like life, wellness is a process and monitoring your Wellness Quotient is a critical step in taking responsibility for your health and well-being. Getting measured results while on the Creating Wellness System is one of the key elements that sets us apart from other programs. If you have any questions about your report, please feel free to discuss them with your Creating Wellness Professionals.

Thank you for being a part of Creating Wellness - the new frontier in health and well-being.