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## Member Information

First Name:	John	Last Name:	Doe
Center ID:	9	Member ID:	1,610
Height:	72.00	Birth Date:	February 05, 1969

## Center Information

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

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The following is an overview of your comprehensive Creating Wellness evaluation on 09/09/2004.

Your comprehensive assessment took place in the three key dimensions of your life, namely: physical, bio-chemical and psychological. In each of these dimensions we evaluated you through questionnaire and high tech physiological measurement. After taking all these data points, we score them and then through a very sophisticated calculation determine your overall wellness quotient. As you will see on the subsequent pages of this report, we also break the scores down into their sub categories so we can identify which areas you are doing well in and which areas require more attention.

Wellness is a lifetime journey and your first Creating Wellness Assessment is a significant milestone along this road. Congratulations! As you start the Creating Wellness System, subsequent evaluations will show you how you are progressing on this all important journey. Remember, on the wellness continuum there is no standing still. Each day either you are moving toward wellness or toward illness. It is our privilege to help you move toward wellness!

**Wellness Quotient for John Doe on 09/09/2004 : 92**



## Your Physical Dimension Summary - 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.

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

- Score from questionnaire factors: 92
- Score from technologically measured factors: 123

Factors from Questionnaire	Description	Score
<b>Sleep</b>	Your sleep habits	<b>Challenged</b>
<b>Cardiovascular</b>	Your level of cardiovascular exercise	<b>Good</b>
<b>Strength</b>	Your level of strength-building exercise	<b>Transition</b>
<b>Chiropractic Care</b>	Your level of chiropractic care in physical dimension	<b>Good</b>
<b>Chronic Conditions</b>	Any chronic disease conditions you may experience	<b>Excellent</b>

Factors from Technological Measurement	Description	Score
<b>Diastolic Blood Pressure</b>	Your diastolic (Bottom) blood pressure measurement	<b>Excellent</b>
<b>Systolic Blood Pressure</b>	Your systolic (top) blood pressure measurement	<b>Excellent</b>
<b>Standing HR</b>	Your heart rate (inter-beat interval) when standing	<b>Excellent</b>
<b>Seated HR</b>	Your heart rate (inter-beat interval) when seated	<b>Excellent</b>
<b>Lung Capacity</b>	Capacity of your lungs (volume you can exhale)	<b>Transition</b>
<b>Torso Strength</b>	Your Torso Strength	<b>Excellent</b>
<b>Arm Strength</b>	Your Arm Strength	<b>Excellent</b>
<b>Leg Strength</b>	Your Leg Strength	<b>Good</b>

## Your Bio-Chemical Dimension Summary - 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.

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

- Score from questionnaire factors: 96
- Score from technologically measured factors: 100

Factors from Questionnaire	Description	Score
<b>Portion Size</b>	Your management of proper portion size when eating	<b>Challenged</b>
<b>Water Deficit</b>	Your hydration level	<b>Challenged</b>
<b>Missed Meals</b>	Your meal schedule - regularity	<b>Good</b>
<b>Meal Timing</b>	Your meal schedule - timing	<b>Challenged</b>
<b>Processed vs. Whole Foods</b>	The balance of whole to processed foods in your diet	<b>Transition</b>
<b>Protein to Carbohydrate Balance</b>	The balance of proteins to carbohydrates in your diet	<b>Good</b>
<b>Smoking</b>	Non-use of tobacco	<b>Excellent</b>
<b>Alcohol</b>	Non-use of alcohol	<b>Good</b>
<b>Recreational Drug</b>	Your use of recreational drugs	<b>Excellent</b>
<b>Chemical Exposure</b>	Your level of chemical exposure	<b>Good</b>
<b>Fruit + Vegetable Gap</b>	The balance of fruits and vegetables in your diet	<b>Excellent</b>
<b>Fast Food vs. Balanced Meals</b>	The ratio of fast food meals to balanced meals in your diet	<b>Challenged</b>
<b>Food Addictions</b>	Your use of food to satisfy addictions and cravings	<b>Good</b>
<b>Fat Overdose</b>	Your consumption of fats	<b>Excellent</b>
<b>Dietary Sabotage</b>	Your habits towards your diet	<b>Challenged</b>
<b>Chiropractic Care</b>	Your level of chiropractic care in bio-chemical dimension	<b>Good</b>

Factors from Technological Measurement	Description	Score
<b>Body Fat Percentage</b>	Your overall body fat percentage level	<b>Transition</b>
<b>Girth</b>	Your overall "girth" (body measurements ratio)	<b>Transition</b>
<b>BMI</b>	Your Body Mass Index (BMI)	<b>Excellent</b>

## Your Psychological Dimension Summary - 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.

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

- Score from questionnaire factors: 85
- Score from technologically measured factors: 88

Factors from Questionnaire	Description	Score
<b>Organization - Your Home</b>	Your perception of organization at home	Transition
<b>Organization - Your Finances</b>	Your perception of organization of your finances	Good
<b>Organization - Your Time</b>	Your perception of your time management	Challenged
<b>Healthy Relationships</b>	Your perception of your relationships with others	Transition
<b>Organization - Your Work Life</b>	Your perception of your organization relative to your work life	Good
<b>Relaxation - Techniques</b>	Your ability to use relaxation techniques	Transition
<b>Relaxation - The Big Picture</b>	Your ability to see the big picture	Challenged
<b>Relaxation - Using Humor</b>	Your use of humor to help relax	Excellent
<b>Defining Your Purpose</b>	Your sense of purpose in your personal life	Challenged
<b>Creating a Healthy Family</b>	Your sense of purpose in your family life	Transition
<b>Career</b>	Your sense of purpose in your work life	Transition
<b>Eliminating Anxiety</b>	Your skills at reducing anxiety	Very Challenged
<b>Self-Esteem</b>	Your feeling of self-esteem	Transition
<b>Chiropractic Care</b>	Your level of chiropractic care in psychological dimension	Good

Factors from Technological Measurement	Description	Score
<b>Stress Responsivity</b>	Stress Responsivity from CWAS Protocol	Transition



### Protocol Results from Your CWAS Assessment

#### Body Composition

Weight	178.00 Pounds
Body Mass Index	24.14
Waist	36.00 Inches
Hips	39.00 Inches
Thigh	n.a.
Chest	40.30 Inches
Girth	0.92
Body Fat Percentage	21.05 Percent
Lean Muscle Mass	140.54 Pounds

Based on the calculated Basal Metabolism Rate (BMR) of 1,731, the daily caloric requirement is 2,077 to 2,380 for a sedentary to low activity level, 2,683 to 2,986 for a moderate to high activity level, 3,289 for a very high activity level. A plan range can be selected based on this caloric requirement and the weight goals.

#### Cardiovascular

Systolic Blood Pressure	119.00 mm Hg
Diastolic Blood Pressure	80.00 mm Hg
Seated Heart Rate	63.28 Beats Per Minute
Standing Heart Rate	64.76 Beats Per Minute
Lung Capacity	3.80 Liters

#### Strength

Arm	155.00 Pounds
Torso	195.00 Pounds
Leg	302.00 Pounds

Thank you for getting your world-class Creating Wellness Assessment! It is the first step on a new path to higher levels of wellness in your life. We sincerely believe that engaging in the Creating Wellness System will be of great benefit to you. We are here to answer any questions you may have.

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