

The Magnificent 7 Lifestyle Screening Assessment



For the Think and Move sections (Part 1 and 2) tick 0 for strongly agree, and 2 for strongly disagree, and 1 for somewhere in between

For the rest it is 2 for strongly agree, and 0 for strongly disagree, and 1 for somewhere in between

So – the lower your score the better! Be honest with yourself...

Think Right

	0 (Agree)	1	2
Life is rewarding, I am optimistic about the future			
I find beauty and joy in things and laugh often			
It is more important that I enjoy what I do, rather than if people are impressed by it			
I get intensely involved in, and feel greatly fulfilled by, many of the things I do each day			
I never get stressed or overwhelmed			

Total Score _____

Move Right

	0 (Agree)	1	2
I walk 45 minutes every day			
I move all my joints every day, in every direction			
I lift weights/strength train 2 x week or more			
I regularly stretch			
I get out of breath and sweat from exercise 2x week or more			

Total Score _____

REMEMBER: For the rest it is **2 for strongly agree**, and 0 for strongly disagree, and 1 for somewhere in between

Inner Communication (Talk Right)

	0	1	2 (Agree)
I have a thyroid problem			
I think I have hormone balance problem (male or female)			
I suffer with fatigue			
Feeling of depression or sadness			
I have 'problems with my nerves' (either pain related, or anxiety)			
Regular Muscle cramps			
Heart arrhythmias			

Total Score _____

Eat Right

	0	1	2 (Agree)
Crave sweets and/or carbohydrates			
Irritable/headaches/fatigue or other symptoms between meals			
Poor nails, skin or hair			
Bleeding gums or easily bruised			
Muscle cramps			
Bloating or heartburn/acid reflux			

Total Score _____

Hydrate Right

	0	1	2 (Agree)
I DON'T drink water between meals			
Frequently thirsty			
Dry skin/eyes/lips/mouth or throat			
I DON'T exercise regularly			

Total Score _____

Sleep Right

	0	1	2 (Agree)
Less than 6 hours of sleep a night			
Disturbed sleep			
Hard to get to sleep			
Hard to wake up			
Fall asleep in under 10 min even during the day			

Total Score _____

Detox Right

	0	1	2 (Agree)
Constipation or diarrhea			
I take regular medication			
General itchiness			
Sensitive to strong smells			
Live near heavy traffic/industrial plant/live in a city			
Exposure to chemicals (including cleaning chemicals)			
Chronic aches/pains/skin problems			

Total Score _____

GRAND TOTAL _____

Results Interpretation:

Single Questions:

If you scored yourself a 2 on any one single question then it's up to you if you want to investigate further - as may be the beginning of something that at the moment is preventable.

Especially important in the Sleep section.

And if you are already taking medication 'for the rest of your life', regardless of the rest of your scores, your systems have already 'broken', most likely (but not always) from lifestyle. We work with many people who have been put on drugs 'for life' and when they make the right changes they can actually heal and get off them.

Single Section:

If you scored 4 or more in any one of the 7 sections then you will almost certainly benefit from improving lifestyle habits in that area.

If you have not seen our basic 'Keep It Simple Magnificent 7 Videos' then you can view them here to get started.

<https://youtu.be/OPO3g5pZ20w>

<https://youtu.be/nb-0t5IK1M4>

If you scored 6 or more in any one section you will benefit by making changes today! You may want to reach out for some health coaching:

<http://coaching.bodyinbalanceuk.com/>

Total Score:

0-21: Pretty good, and you will know where you need to improve

22- 35: start making some lifestyle changes. Maybe do some deeper investigation with someone involved in natural/functional/integrative health

36 or above: Lifestyle is a major issue, you probably already know that, and it's time to seek some help, take action, implement changes, and take self-health responsibility.

Acknowledgments

This assessment is mostly a simplified version of Dr Bryan Walsh's Cell Blueprint TM which consists of 30 sections – and I use with my 1 to 1 and coaching clients as part of a more in-depth assessment.

The 'Magnificent 7 Health Strategies' is an original concept from Dr Bob Rakowski