



| Body System | Dig       | Int       | Circ      | Ner       | Imm       | Resp      | Urin      | Glan      | Stru      |
|-------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
|             | Very Good | Very Good | Very Good | Very Good | Very Good | Very Good | Very Good | Very Good | Very Good |
|             |           |           |           |           |           |           |           |           |           |
|             |           |           |           |           |           |           |           |           |           |
|             |           |           |           |           |           |           |           |           |           |
|             |           |           |           |           |           |           |           |           |           |

Determine your areas of strength or weakness based on your numbers for each system on the chart below

|           | Dig | Int | Circ | Ner | Imm | Resp | Urin | Glan | Stru |
|-----------|-----|-----|------|-----|-----|------|------|------|------|
| Very Good | 0   | 0   | 0    | 0   | 0   |      |      | 0    | 0    |
|           | 1   | 1   | 1    | 1   | 1   | 0    | 0    | 1    |      |
|           | 2   | 2   | 2    | 2   | 2   |      |      | 2    | 1    |
| Good      | 3   | 3   |      | 3   | 3   |      |      | 3    | 2    |
|           |     |     | 3    | 4   |     | 1    | 1    | 4    |      |
|           | 4   | 4   |      | 5   | 4   |      |      | 5    | 3    |
| Fair      | 5   | 5   | 4    | 6   |     |      |      | 6    | 4    |
|           | 6   | 6   | 5    | 7   | 5   | 2    | 2    | 7    | 5    |
|           | 7   | 7   | 6    | 8   | 6   | 3    | 3    | 8    | 6    |
| Poor      | 8   | 8   | 7    | 9   | 7   | 4    | 4    | 9    | 7    |
|           | 9   | 9   |      | 10  |     |      |      | 10   |      |
|           | 10  | 10  | 8    | 11  | 8   |      |      | 11   | 8    |
| Very Poor | 11  | 11  | 9    | 12  | 9   | 5    | 5    | 12   | 10   |
|           | 12  | 12  | 10   | 13  | 10  | 6    |      | 13   |      |
|           | 13  | 13  |      |     | 11  |      |      | 14   |      |
|           | 14  | 14  | 11   | 14  | 12  | 7    | 6    | 15   | 11   |