

Favorable Fitness Factor™

Scorecard

1. How did you do on your Favorable Fitness Factor?

2. Four Categories and the Factor for each area:

Category	Max Score	Your Score
1. Diet, Height, Weight	25	_____
Goal(s): _____		_____

2. Exercise	15	_____
Goal(s): _____		_____

3. Disease, Labs, Meds	30	_____
Goal(s): _____		_____

4. Alcohol, Tobacco	30	_____
Goal(s): _____		_____

Total	100	_____