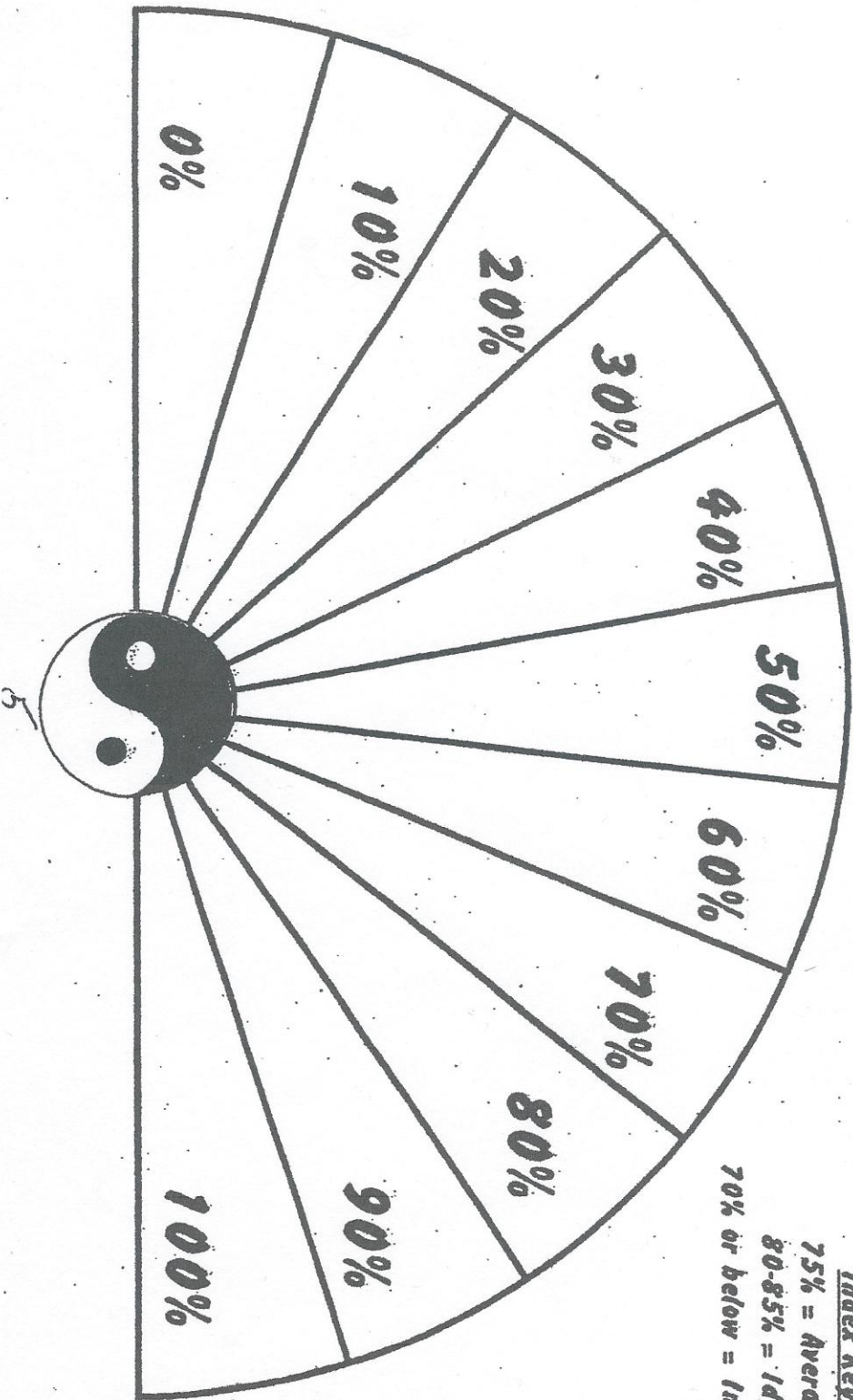


**Questions:**

- 1) What is my vitality index?**
- 2) What is my physical health level?**
- 3) What is my psychological health level?**



**Index Key**

**75% = Average**

**80-85% = Ideal**

**70% or below = Imbalance**