

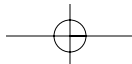
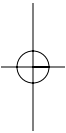
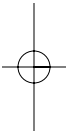
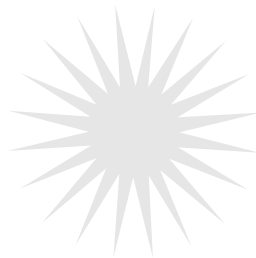
# The Power Up! Quiz

To determine your energy profile rate your honest answers on the following scale:

- |             |                    |
|-------------|--------------------|
| 0 never     | 3 most of the time |
| 1 rarely    | 4 always           |
| 2 sometimes |                    |

Circle Your Score

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. I wake up with good energy.                 | 0 | 1 | 2 | 3 | 4 |
| 2. My energy is as good as it has ever been.   | 0 | 1 | 2 | 3 | 4 |
| 3. I look forward to each new day.             | 0 | 1 | 2 | 3 | 4 |
| 4. I have a feeling of joy in my life.         | 0 | 1 | 2 | 3 | 4 |
| 5. I am able to focus and finish tasks easily. | 0 | 1 | 2 | 3 | 4 |
| 6. I have a good memory.                       | 0 | 1 | 2 | 3 | 4 |
| 7. Exercise gives me energy.                   | 0 | 1 | 2 | 3 | 4 |
| 8. My physical stamina is good.                | 0 | 1 | 2 | 3 | 4 |
| 9. I don't feel a need to rest during the day. | 0 | 1 | 2 | 3 | 4 |
| 10. I drink less than 2 cups of coffee a day.  | 0 | 1 | 2 | 3 | 4 |
| 11. I drink a liter of water each day.         | 0 | 1 | 2 | 3 | 4 |



12. I do not need stimulants.	0   2 3 4
13. I get plenty of vitamins.	0   2 3 4
14. I feel alert after meals.	0   2 3 4
15. I'm not cranky.	0   2 3 4
16. I consciously manage my stress.	0   2 3 4
17. I am rarely ill.	0   2 3 4
18. My moods are stable.	0   2 3 4
19. My sex drive is good.	0   2 3 4
20. I feel younger than my age.	0   2 3 4
21. I am a vibrant member of my community.	0   2 3 4
TOTAL	_____

#### YOUR ENERGY PROFILE

Less than 30: **Neophyte**—You never have enough fuel. You need to make the commitment to learn how to manage and create energy.

30–40: **Novice**—Although you are aware of your deficiencies, you are an energy novice who wants and needs to develop new habits that both conserve and generate energy.

41–51: **Initiate**—You are an energy initiate. You respect your energy needs and use about as much fuel as you spend. Your energy levels are at risk of plummeting during times of stress.

52–62: **Adept**—Impressive! You are very good at balancing your energy, but must learn to generate more juice.

63 or more: **Grand Master**—Congratulations! You are ready to explore energy generation on an advanced level, and are already using energy to keep yourself healthy.