

## NWT Wellness Quiz (Printable Version)

1. When you wake up in the morning, you usually feel:

- A. Ready to move and get your heart pumping
- B. Like you need a fresh start or detox
- C. A bit sluggish in your stomach
- D. Sensitive to your environment (light, sound, etc.)
- E. Out of sync with your natural rhythm
- F. Concerned about catching something
- G. Hungry or craving certain foods
- H. Stiff or achy in your joints

2. Your biggest wellness goal right now is to:

- A. Improve heart health and circulation
- B. Cleanse and reset your system
- C. Support digestion and gut health
- D. Reduce sensitivity to allergens or toxins
- E. Balance hormones or cycles
- F. Strengthen your immune system
- G. Improve nutrition and energy
- H. Support bones, joints, or posture

3. You feel most off-balance when:

- A. You're low on stamina or endurance
- B. You've overindulged or feel bloated
- C. Your digestion is irregular
- D. You're in polluted or stressful environments
- E. Your cycles or sleep are disrupted
- F. You're getting sick often
- G. You're not eating well
- H. You're physically uncomfortable or stiff

4. Your ideal self-care ritual includes:

- A. Cardio or movement
- B. Detox bath or cleanse

- C. Herbal tea and mindful eating
- D. Air purifiers or grounding
- E. Sleep tracking or cycle syncing
- F. Elderberry syrup or immune boosters
- G. Smoothies and supplements
- H. Stretching or chiropractic care

5. You tend to notice issues with:

- A. Circulation or blood pressure
- B. Skin or liver congestion
- C. Bloating or irregularity
- D. Allergies or sensitivities
- E. Mood swings or PMS
- F. Getting sick easily
- G. Low energy or poor nutrition
- H. Back pain or joint stiffness

6. You feel most energized when:

- A. Your heart is pumping
- B. You've done a cleanse
- C. Your digestion feels light
- D. You're in a clean, calm space
- E. Your hormones feel balanced
- F. You're not fighting off illness
- G. You've eaten nourishing food
- H. You've stretched or moved your body

7. You're most drawn to wellness products that:

- A. Boost circulation or heart health
- B. Detox or cleanse
- C. Aid digestion
- D. Protect from environmental stress
- E. Balance hormones
- F. Support immunity
- G. Provide daily nutrients
- H. Support bones and joints

8. You often describe yourself as:

- A. Energetic and driven
- B. Needing a reset
- C. Sensitive to food
- D. Easily overwhelmed by surroundings
- E. Affected by hormonal shifts
- F. Prone to catching colds
- G. Tired or undernourished
- H. Physically tense or stiff

## **Scoring Instructions**

Count how many times you selected each letter. Your highest letter = your wellness category.

## **Scoring Key**

- A - The Flow (Cardiovascular Support)
- B - The Reset (Cleanse Support)
- C - The Center (Digestive Support)
- D - The Shield (Environmental Support)
- E - The Rhythm (Hormonal Support)
- F - The Guard (Immune Support)
- G - The Foundation (Nutritional Support)
- H - The Framework (Structural Support)