

## 4 DOCTOR SCORE GRAPH

Please write your scores from the individual 4 Doctor questionnaires into the corresponding column on the bottom row. Now place a mark on the column corresponding to your score. Then add all four totals together and write this total in the bottom of the 4 Doctor Total column and place a mark on this column equal to your overall score.

Suggested Use of Exercise	4 Doctor Total	Dr Happiness	Dr. Quiet	Dr. Diet	Dr. Movement
<b>Work-In</b>	650	150	110	230	150
	580	140	100	200	140
	510	130	90	180	120
	410	100	80	130	100
	310	70	70	100	70
<b>Caution In – Out Balance?</b>	280	60	60	90	60
	250	-	-	80	-
	240	-	50	70	-
	230	-	-	60	-
	200	50	40	50	50
<b>Workout To Ability</b>	150	40	30	40	40
	100	30	20	30	30
	80	20	-	20	20
	60	10	10	10	10
	40	0	0	0	0
<b>Your Totals</b>					

