



Self Assessment Guru Evaluation

(SAGE Score)

Choose the answer that best fits your lifestyle and enter the corresponding number in the box.

How is your weight?

- 1 I am more than 40 lbs overweight.
- 2 I am 21 - 40 lbs overweight.
- 3 I am 10 - 20 lbs overweight.
- 4 I am less than 10 lbs overweight, or I am underweight.
- 5 I am just the right weight.

How many hours of sleep do you get each night?

- 1 less than 4 hours
- 2 5 hours
- 3 6 hours/occasionally wake up
- 4 7 solid hours
- 5 8 solid hours

How is your energy?

- 1 I have severely low energy most or all of the time.
- 2 I have severely low energy 1 - 2 times/week.
- 3 I have difficulty waking or need coffee to get through most days.
- 4 I am okay most of the day and then crash late afternoon.
- 5 I feel I have enough energy to get through the day.

What is your typical stress level?

- 1 I constantly feel stressed (racing heart, anger, insomnia).
- 2 I feel high level stress most of the time (3 - 5 days/week).
- 3 I feel high level stress 1-2 times a week
- 4 I feel a low level of stress 2-4 days a week
- 5 I don't have much stress or feel I can handle it easily.

How is your digestion (constipation, diarrhea, gas, bloating, reflux, etc)?

- 1 I have severe symptoms most days of the week
- 2 I have severe symptoms but 2 times a week or less
- 3 I have mild symptoms most days of the week
- 4 I have mild symptoms 2 times a week or less
- 5 My digestion runs smoothly!

How many cups of coffee do you drink per day?

- 1 I wish I had a coffee IV.
- 2 3 cups a day.
- 3 2 cups a day.
- 4 1 cup a day.
- 5 I don't drink coffee.

Are you free from pain (i.e. headaches, joint pain)

- 1 I have severe joint pain or headaches more than 2 times/week
- 2 I have severe joint pain or headaches 1 - 2 times/week
- 3 I have mild joint pain or headaches more than 2 times/week
- 4 I have mild joint pain or headaches 1 - 2 times/week
- 5 I do not have any issues with pain.

Do you exercise?

- 1 Uh, I own a gym membership...
- 2 occasionally
- 3 once a week
- 4 2 - 3 days/week
- 5 yes, at least 4 days/week

Do you have skin issues?

- 1 I always have severe breakouts or rashes on my skin.
- 2 I sometimes have severe breakouts or rashes on my skin.
- 3 I always have minor breakouts or rashes on my skin.
- 4 I sometimes have minor breakouts or rashes on my skin.
- 5 I do not have any issues with my skin

How much time do you have for yourself?

- 1 Driving to work, taking a shower, going to the bathroom.
- 2 I take time 1/month for myself.
- 3 I take time 1/week for myself.
- 4 I take time at least a few times every week for myself.
- 5 I take a little bit of time every day for myself.

How often do you have sugar cravings?

- 1 I always crave sugar and get shaky when I don't get it.
- 2 I usually crave sugar at certain times of the day.
- 3 I occasionally crave sugar.
- 4 If I crave sugar, I can have a little bit and be satisfied.
- 5 I don't really eat sugar/sugar containing foods.

How much tv do you watch or computer use (not work)?

- 1 4 + hours/day.
- 2 2 - 3 hours/day.
- 3 1 - 2 hours/day.
- 4 1 hour or less.
- 5 I rarely watch tv or get on the computer other than for work.

Total up all the boxes

Interpretation of score:

12 – 24: In serious need of a lifestyle change. It is time to re-evaluate your priorities.

25 – 36: It is time to check out your lifestyle choices and make a commitment to your health

37 – 45: Not bad. However, some lifestyle changes could make you feel better.

46 – 54: Good job. You are doing a good job of taking care of yourself. A few slight improvements will get you all the way there!

54 – 60 Congratulations! It appears you are taking great care of yourself.

