

What's your grade?

A

- MSQ score under 20
- Doesn't drink or smoke at all.
- Very active, rarely misses a day
- Regular breaks for solitude, mindfulness
- Sleeps well, wakes up rested
- Has tremendous relationships
- Makes time for hobbies
- Mostly eats plant-based foods

B

- MSQ score from 25-50
- Only drinks or smokes every few weeks
- Regular exercise, almost daily
- Occasional time for mindfulness
- Sleeps fairly well, sometimes tired
- Relationships are satisfying
- Occasional time for hobbies
- Mostly eats vegetables, chicken, fish

C

- MSQ score between 51-79
- Infrequent smoking/drinking (1 out of 7 days)
- Enjoys exercising/moving (twice a week)
- Rarely takes time for mindfulness
- Sleeps poorly, wakes frequently
- Relationships are missing, chaotic
- Doesn't remember hobbies
- Eats red meat, dairy, sugar

D

- MSQ score between 80-119
- Occasional smoking/drinking (3 out of 7 days)
- Participates in rare exercise (once a week)
- Does not have any time alone, feels stressed
- Sleeps fitfully, never enough
- Doesn't feel connected to others
- Has no hobbies
- Mostly eats processed foods

F

- MSQ score over 120
- Smoking/drinking regularly (5 out of 7 days)
- Does not participate in exercise at all
- Does not have any time alone, feels stressed
- Chaotic sleep patterns. Uses aids
- Isolated, no tribe or family
- No interests or hobbies to explore
- Eats daily sugar, dairy, processed foods, fats, soda. Rare vegetables

Your grade will fluctuate throughout your life, it's just a moment in time.