

## **What's Your PIQ?**

(Physical Intelligence Quotient)  
a Quick Quiz by Mariah Burton Nelson

Choose one answer for each question, and mark it with an X. Be as honest as possible. This is private, just for you.

<b>This is true for me...</b>	<b>Often/ Usually</b>	<b>Sometimes</b>	<b>Rarely/ Never</b>
1) I'm tired during the day.			
2) I get headaches, neck aches, OR backaches.			
3) I eat, drink, smoke, OR take drugs more than I should.			
4) I don't like my body.			
5) If something hurts, I ignore it.			
6) I choose healthy foods.			
7) I have good posture.			
8) When I feel uncomfortable, I shift positions or stretch.			
9) I get regular checkups (dental, prostate or breast exams, etc.)			
10) I exercise at least 20 minutes per day, 5 or more days per week.			
<b>Totals</b>			

## **Scoring: Your PIQ**

For each Rarely/Never in the first 5 items (#1-#5), give yourself one point.  
For each Often/Usually in the second 5 (#6-#10), give yourself one point.  
Add up your total number of points.

7-10 = Great! You've got a high PIQ (physical intelligence quotient). Keep it up!

4-6 = Okay. Like many people, you'd benefit from improving your PIQ. See 3 Keys to PI.

0-3 = A wake-up call. Your body wants you to pay closer attention, and treat it with the respect and dignity it deserves. No blame here – just a gentle reminder that the primary responsibility for your own health and wellness lies with you.