

# Output Scoring (Daily)

Subjective Output	Max Points	Score	Notes
Energy/Mood	15		Feel energized or fatigued? Motivation and initiative?
Mental Clarity	12		Brain fog or productive focus?
Aches/Pains & Recovery	10		Joint pain? Muscle soreness after exercise?
Libido	8		Changes in sexual interest?
Temperature Sensitivity	5		Experiencing heat or cold intolerance?

Objective Output	Max Points	Score	Notes
Sleep Score	15		Fitness Tracker Score (80 sleep score = 12 points)
Stress Score	12		Fitness Tracker Score (50 stress score = 6 points)
Gut Function	10		BM today? Quality? Bristol stool chart (4 = normal)
Swelling/Bleeding	8		Gum health, abnormal menstrual flow, or joint inflammation?
Skin/Hair/Nail Health	5		Skin rashes or breakouts? Hair thickness/texture? Nail brittleness, ridges, or discoloration?

Category	Max Points	Score	Notes
Subjective Output Total	50		Combined total from subjective outputs
Objective Output Total	50		Combined total from objective outputs
<b>Total Health Percentage</b>	<b>100</b>		Subjective + Objective Total