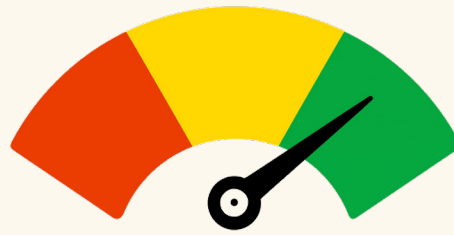


AT YOUR BEST



OPTIMAL ZONE PRIORITIES WORKSHEET

Green	Yellow	Red
Energizing and Very Important	Moderately Energizing and Moderately Important	Draining and Low Importance