

The Conductor's Score™

The Official BioTune Assessment™

“Every instrument tells part of your story.”

Before You Begin

Imagine attending a world-class symphony.

As the orchestra prepares to perform, the conductor doesn't immediately begin the music. Instead, they pause and listen.

The strings tune.

The brass adjusts.

The percussion checks its timing.

Every instrument is evaluated before the performance begins because even one instrument that is out of tune can influence the entire orchestra.

Your life works the same way.

Your health is not determined by one decision, one habit, or one area of your life. It is the combined performance of every “instrument” that makes you who you are.

Your mindset influences your nutrition.

Your sleep affects your stress.

Your relationships impact your emotions.

Your movement influences your energy.

Everything affects everything.

The purpose of **The Conductor's Score™** is not to judge you or assign a grade.

It is to help you become more aware of your own health by identifying which areas of your life are playing beautifully and which simply need a little tuning.

Remember...

The goal isn't perfection.

The goal is harmony.

Step One

Listen to Your Orchestra

For each instrument below, ask yourself:

How is this area of my life performing today?

Choose one answer.

 **In Tune**

This area feels balanced and is supporting my overall health.

 **Needs Tuning**

This area could improve and deserves more attention.

 **Out of Tune**

This area is currently affecting my health and needs immediate focus.

Mindset

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

How are your thoughts influencing your health today?

Purpose

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Do you feel connected to a meaningful purpose?

Nutrition

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

How well are you nourishing your body?

Hydration

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Are you consistently drinking enough water?

Movement

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Is your body moving enough to support your health?

Recovery & Sleep

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Does your body receive enough rest to recover and restore?

Breathing

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Do you intentionally slow your breathing throughout the day?

Stress Management

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

How well are you managing stress?

Relationships

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Do the people around you encourage your health and happiness?



Environment

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Does your environment support the life you're trying to build?



Financial Wellness

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Are your finances creating peace or unnecessary stress?



Spiritual Wellness

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Do you feel connected to your values, your faith, or something greater than yourself?

Joy & Recreation

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Are you making time for fun, hobbies, laughter, and experiences that bring you joy?

Personal Growth

Current Status

☐ In Tune

☐ Needs Tuning

☐ Out of Tune

Are you continuing to learn, grow, and challenge yourself?

Step Two

Identify Your Lead Instrument™

Great conductors don't try to improve every instrument at once.

They begin with the section that will create the greatest improvement in the entire orchestra.

Looking over your assessment...

Which instrument deserves your attention first?

Lead Instrument

Why is this the best place to begin?

Step Three

Your Tune-Up™

Choose three simple actions you will take before your next assessment.

Action One

Action Two

Action Three

Step Four

Return to Harmony

Imagine six months from today.

Your Lead Instrument has improved.

How has that changed the rest of your life?

What other instruments have improved as a result?

Conductor's Reflection

Every great performance begins with awareness.

What did you learn about yourself through this assessment?

What message has your body been trying to communicate?

What is one promise you will make to yourself before your next BioTune Tune-Up™?

The Conductor's Cue

“A great conductor doesn't force harmony.

They create the conditions for every instrument to perform at its best.

Do the same with your life.”

— Ryan Weisenbacher