

# Key West Wellness Center 5 Element Quiz

Place a check next to the item that most describes you

Bring this in for a FREE Wellness Evaluation

	<i>Wood</i>		<i>Water</i>		<i>Fire</i>		<i>Earth</i>		<i>Metal</i>
	Acne		Backache		Anxiety		Acid reflux		Aloof
	Aggressive		Bladder infection		Burning sensation hands/feet		Bad breath		Analytical
	Allergies		Burning urination		Charismatic		Brooding		Asthma
	Argumentative		Calm		Charming		Caretaker		Bossy
	Assertive		Cautious / fearful		Cheerful		Chronic worry		Chronic cough
	Blurred Vision		Chronic complainer		Communicative		Clings to past		Clean
	Bold		Contemplative		Curious		Comforting		Discerning
	Competitive		Creative		Distractible		Concerned		Discreet
	Decisive		Deep		Dizzy / light headed		Conforming		Dislikes crowds
	Demanding		Fear of change		Easily excited		Consistent		Distant
	Depression		Introspective		Enthusiastic		Cooperative		Dry skin
	Determined		Lack of sexual desire		Excessive enthusiasm		Craves sugar		Elegant
	Difficult		Leg pain		Excessive talking		Deliberate		Emotionally aloof/distant
	Direct		Night sweats		Feel overwhelmed		Dependent		Excessive grieving
	Dominant		Observant		Flighty		Easy-going		Eye for detail/beauty
	Driven		Patient		Flirtatious		Feels emotionally hungry		Feels Disconnected
	Dry Eyes		Peaceful		Flushed face		Hard to swallow capsules		Gracious
	Fast		Persevering		Funny		Helpful		Hoarder
	Fatigue in the Mornings		Private		Heart palpitations		Involved		Honorable
	Focused		Reflective		Incapable of compassion		Loyal		Humble
	Goal-oriented		Resolute		Insomnia		Muscle weakness		Idealistic
	Impatient		Restless		Life of party		Nurturing		Inhibited
	Indecisive		Ringing in ears		Likes to make people laugh		Overprotective		Likes to think & journal
	Inflexible attitude		Secretive		Lively		Poor appetite		Neat & organized
	Intense		Serene		Muddled thinking		Poor digestion		Polished
	Irritable		Serious		Nervous		Predictable		Precise
	Loud		Solitary		Optimistic		Relaxed		Proper
	Migraines		Stubborn		Quick		Slow		Refined
	Passionate		Subtle		Scattered		Sociable		Reserved
	PMS		Wakes frequently		Spontaneous		Supportive		Self contained
	Skin rash		Weak or brittle bones		Talkative		Sweats easily		Systematic
	Strong/loud voice		Willful		Unpredictable		Sympathetic		Weak voice
	Stubborn/Aggressive/Temper		Wise		Witty		Tough to gain/lose weight		Well-mannered
	<b>Total</b>		<b>Total</b>		<b>Total</b>		<b>Total</b>		<b>Total</b>