



# NUERA WEALTH CODE

## The Bio-Harmony Readiness Audit

Are you in Flow or in Friction? Discover your Bio-harmony Score.

Before you can optimize your wealth, you must optimize your biology. The New Economy demands peak cognitive and metabolic performance. Take this audit to establish your baseline.

**ACCESS THE NUERA STOREFRONT**

<https://whop.com/nuera-wealth-code/>

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## THE READINESS AUDIT

Complete this audit to discover your starting Bio-harmony Score. Be honest with your current state — this is the baseline we will optimize.

### SECTION 1: CIRCADIAN ALIGNMENT (THE LIGHT PILLAR)

1. When you wake up, do you feel alert within 30 minutes without caffeine?

Yes [+10]

No [0]

2. Do you get at least 5-10 minutes of direct sunlight before 10:00 AM?

Every day [+10]

Occasionally [+5]

Rarely [0]

### SECTION 2: METABOLIC ENERGY (THE FUEL PILLAR)

3. How is your energy 2 hours after your midday meal?

Stable and focused [+10]

I hit a "3 PM Slump" [0]

I need sugar or caffeine to keep going [-5]

4. Do you experience "brain fog" more than twice a week?

Rarely/Never [+10]

Frequently [0]

### SECTION 3: RECOVERY & AUTONOMIC BALANCE (THE REST PILLAR)

5. Do you stop using high-intensity blue light (screens/phones) 60 minutes before bed?

Always [+10]

Sometimes [+5]

Never [0]

6. How would you describe your stress response during a busy workday?

I stay calm and "proactive" [+10]

I feel "wired but tired" [0]

I feel constantly overwhelmed [-5]

**Calculate Your Total Score: \_\_\_\_\_ / 60**

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## **AUDIT RESULTS & NEXT STEPS**

Match your total score below to determine your current state of biological friction, then proceed to the recommended protocol to lock in your foundation.

### **SCORE 50-60: BIO-HARMONY MASTER**

"You are in peak alignment! You're ready for the Advanced 12-Week Roadmap to maintain this edge and scale your financial output."

### **SCORE 30-49: EMERGING OPTIMIZER**

"You have the foundation, but your 'Bio-Friction' is slowing you down. Grab the Daily Bio-harmony Protocol to fix your afternoon slump and reclaim your focus."

### **SCORE BELOW 30: SYSTEM REDLINE**

"Your system is under heavy stress. You need the Bio-harmony OS starter guide to reset your metabolic health immediately before burnout affects your wealth creation."

## **TAKE THE NEXT STEP IN YOUR JOURNEY**

**NUERA BIO-HARMONY OS  
MICRO-INVESTING FOR THE NEW ECONOMY**

**VISIT THE NUERA WEALTH CODE SHOP**

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