

# Health Assessment

Let's first check-in with where you're at right now your health.

## DIRECTIONS:

Below, rate yourself on a scale from 1 - 5 on how accurate the following statements are—1 meaning “not accurate at all” and 5 meaning “most accurate.”

Success Check-in Statement	Self Rating
I have a doctor that works with me daily and helps me fix the root problems of my diabetes and health concerns.	
I enjoy taking medications and seeing my future lab results.	
I am achieving all my health goals in a timely manner.	
I can take 3 - 4 off of my diet and I will not see much change in my blood sugar, weight or energy and I can hop back on a healthy diet without any hesitation.	
I consistently hit my weight and sugar goals on time and on target.	
I feel at peace in my current health and rarely spend time thinking about the future health concerns.	
I take at least one vitamin or supplement that consistently help me stay healthy and function better.	
I know exactly how I could improve my health and achieve my goals to lessen my medication and feel better, including the exact diet and supplements I would use to achieve my goals and sustain it.	
I can predict, within a few points, how my A1c will be on my next follow up blood test.	
My refrigerator is fully stocked with pre-made healthy meals at least 3 days in advance.	
I turn away at least 90% of junk food, so I only eat healthy food.	
I could easily stick to healthy diet for 90 days if I had to.	
I am doing my best health with my health providers, and achieving results that I am very proud to share with others.	
I know exactly the plan to reverse my diabetes and I will acquire it this year.	
I have escaped the fad diets and the “one-size-fits-all” approach to weight loss meaning I know that diet alone will not fix a broken metabolism and only a custom plan, accountability, supplements and a proven approach will work.	
I have time to make my health my top priority and pursue my health goals and avoid future problems.	
I am currently investing in my health outside of what insurance or Medicare pays and invest in taking vitamin/supplements.	
I love how my health has progressed in the last 5 years.	
<b>TOTAL UP YOUR SCORE:</b>	

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## What Your Score Really Means

Score: 0 - 38

### **The Fundamentals Are Missing**

The bad news is that your health is missing core, fundamental elements required for long-term success. You probably already know and feel this every day. No surprise there.

However, the good news is that all of that can be fixed. Even better, it means you get to improve and implement these fundamentals from the ground up.

Consider how implementing **The Reverse Diabetes Plan** from the ground up could radically improve your health for the better. It won't take much for you to experience a night and day improvement.

Score: 39 - 57

### **A Simple Health Strategy Will Make Life Much Easier**

If your score landed you here, it means your plan and strategy is the thing holding you back from improvement and success in your health.

You likely rely on unsustainable diets and exercise programs paired with a “treat the symptoms” and “not fix the root cause” mismatch. You're working way **too hard** to get results with the wrong strategy, and going about fixing your metabolism the wrong way.

Improving your health and reversing your diseases by using the right approach **The Reverse Diabetes Plan** will allow you, for the first time, to experience improved blood sugars, better energy and long-term success.

You'll only see results and better lab tests. You'll be able to eat more foods and start to enjoy going out to eat again.

Even more, because you'll only be working on getting yourself medication-free again, you'll see your doctor happy with your improvements as well.

Get ready to experience the life of youthfulness and energy from your younger years and to take control of your diabetes and improve your quality of life!

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Score: 58+

**You're Ready To Do It on Your Own.**

You've got your strategy for dialed being well in, you know how to eat and what supplements to take to keep yourself working optimally and no one will get in your way. All you need is to stay consistent so you can remain off all your medication and keep your vitality long term.

For you, the biggest hurdle to overcome is getting functional labs tests to run and to adjust your diet and supplements to address any areas your body needs support.

That's where working with me one-on-one comes in.

I'll get you the exact plan and hand holding with comprehensive functional labs and supplement protocols to address each lab to get you back to balance and achieving optimal health beyond what healthcare can provide.

You'll be able to not only improve your quality of life but potentially live a longer life. You'll be delighted to stay at your ideal weight, need little to no medications and see stellar lab tests that would leave your doctor in "aww".

If optimal health is the goal and living this high-energy and productive life are the motivation, then all you need to do is book an appointment to see if there are open spots in my office, and you'll be well on your way.