



HOW HEALTHY IS MY IMMUNE SYSTEM - GOAL 12+

- | | | |
|---|------------------------------|-----------------------------|
| 1. I get 7-8 hours of sleep every night and wake rested | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 2. I practice a daily habit for managing stress | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 3. I eat plant-based, high fiber (4+ cups veggies & 2 fruits daily) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 4. I avoid sodas, sweetened beverages, fast food | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 5. I minimize alcohol | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 6. I exercise at least 150 minutes per week | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 7. I never smoke or vape and avoid any tobacco exposure | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 8. My weight is healthy with waist circumference < hips | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 9. I never take antacids/acid-blocking medicines | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 10. I never take anti-inflammatory medicines (ibuprofen & similar) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 11. I have not taken any antibiotics in the past year | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 12. I have a normal blood sugar <90 (not prediabetes or diabetes) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 13. I don't take immune-suppressing medicines or prednisone | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 14. I am not on any chronic medication | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 15. I take excellent care of my teeth/gums and avoid mouthwash | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

Total _____

Score > 12: Immune Superstar Score 8-11: Sufficient Score < 7: Get in Gear NOW!