

Ultimate Health Assessment

#	Category	Description	Rating
1.	Lifestyle	How are you living your life? Managing balance, managing risks, resting, saying “no” enough, exercise – all make up your overall living routine. Is it supporting your health?	
2.	Mental Management	What goes on in our mind truly impacts our health. Assess your own self talk, your daily attitude, your beliefs about being healthy and not getting sick. Releasing grudges and forgiving and looking at the positives. Filter your input i.e. news, newspaper, negative people.	
3.	Ultimate Longevity	Do you have a great team of health professionals that know you and guide you? Family doctor? Nutritionist? Dentist? Do you have regular checkups and vaccines? Do your behaviors align with real health?	
4.	Stress Management	Are you managing anxiety? Meditating? Relaxing enough? Are you aligned with your values and set up harmony in your life, so things run relatively smooth? Is your pace of life supporting your wellbeing or taking away from it?	
5.	Immune System	Your immune system protects you. It detects and helps your body react. Are you helping yourself? Resting at the right time as an example when you sense your body needs it to ensure you stay well. Hygiene, bacteria, plain and simple cleanliness, like washing your hands enough, watching and avoiding being in contact with the wrong things.	
6.	Testing	Early detection is great common sense in today’s world of information. How’s your discipline on screenings, blood work reviews, EKGs, MRIs, hormone testing, urine, even full body skin screenings every few years? There are many simple things that we can do to keep informed about our bodies. Are you taking advantage of these options?	
7.	Exercise	Physical exercise matters – regular, frequent and ongoing. Strength resistance, cardiovascular exercise (aerobics), balance and stretching, all promote a better operating body.	
8.	Oral	Obviously, it’s important to keep your mouth clean. Brushing enough? Flossing enough? Regular checkups?	
9.	Eyes/Vision	Are you protecting your eyes from sunlight, eating foods to head off cataracts later in life? Regular checkups? Eye protection when doing certain types of work around home - All add up to promoting this key component to your body.	
10.	Toxins Management	What’s around you can get in your body, through your skin, what you breathe and what you eat. Toxins are potentially hazardous substances that can create extra work for your liver and kidneys as they filter fluids. Are you protecting yourself like you could or should?	
11.	Hormone Management	A Hormone is a chemical released by a cell or a gland in one part of your body that sends out messages that affect cells in other parts of your body. In essence, it’s a chemical messenger that’s transports a signal from one cell to another. Have you tested your balances? Examples: estrogen, testosterone, thyroid, DHEA. Are you supplementing where you should?	
12.	Vitamins	A vitamin is an organic compound required as a vital nutrient in tiny amounts by an organism. They help your body function at peak. Are you managing your regular intake, testing so you know, and living with the right balances in your body daily? (natural vs. synthetic)	
13.	Caloric Management	A calorie is a unit of energy. It’s a measure of energy we generate with every task we do, as well as a measure of energy delivered by a food we eat. How well do you know your body and how you balance what you eat versus what you need to perform? Being in tune and knowing this can allow you to make better daily choices.	
14.	Ear, Nose & Throat	Preventive testing is important for the ear, nose, and throat, the same as for the rest of your body. It is important to protect your hearing and ear canals from foreign objects and loud noises. Are you maintaining good hygiene? Are you getting checked regularly?	
15.	Food	Food is any substance consumed to provide nutritional support for your body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins and minerals. It’s what we eat in an effort to produce energy, maintain life and stimulate growth. How’s your balance? How’s your mix? Are you eating throughout the day to promote good metabolism? Eating slow and really chewing well to promote good digestion? How are your choices? Fried- not good, over processed- not good, too much sugar- not good... You get the picture.	
16.	Skin	Largest organ in your body. Acts as a filter and can provide many clues about your inside body condition. Are you protecting like you should? For example: from harmful ultraviolet rays or bad chemicals that can get into your body? Are you having full body screenings to detect cancers or other harmful things that need attention in order to ensure your ultimate health?	
17.	Fluids	Consuming adequate amounts of water is critical to maintaining ultimate health. Do you drink enough water each day? Do you manage your alcohol intake? Do you drink too much soda or other high-sugar drinks?	
18.	Emotions	Emotion is a complex psycho physiological experience of your state of mind as you interact with internal and external influences. How is your mood, temperament, personality, disposition, and motivation? All matter. All impact the way our bodies perform.	
19.	Sleep	Sleep suspends the sensory activity of nearly all voluntary muscles. It accentuates the growth and rejuvenation of the immune, nervous, skeletal, and muscular systems. Are you getting enough sleep? Is it good sleep?	
20.	Spiritual Wellness	Your spiritual wellness is to a large degree reflective of your worldview. Is it egocentric or others oriented? Would others say you display stress tolerance and adequate marginal reserves for life’s challenges? What wisdom do you apply to your life situations in order to achieve spiritual balance, peace and joy?	

Total: