

MY REVERSE IT™ HEALTH DASHBOARD

90-Day Health Snapshot

Date Completed: _____

My Reverse It™ Health Score™

Overall Score: _____ /100

My Category Scores

CATEGORY	SCORE
Current Health	____ /10
Nourish	____ /10
Move	____ /10
Restore	____ /10
Recover	____ /10
Digest	____ /10
Protect	____ /10
Balance	____ /10
Believe	____ /5
Live	____ /5

My Health Measurements

(Complete those that are available.)

MEASUREMENT	TODAY
Weight (Optional)	_____
Waist Circumference	_____
Blood Pressure	_____
Resting Heart Rate	_____
Hemoglobin A1c (if known)	_____
Fasting Glucose (if known)	_____
hs-CRP (if known)	_____

My Current Health Ratings

Rate yourself today.

AREA	RATING (1–10)
Energy	_____
Sleep Quality	_____
Digestion	_____
Physical Comfort	_____
Mental Clarity	_____
Stress Level	_____
Overall Health	_____

My Biggest Wins

Since beginning my health journey, I have noticed these improvements:

My Greatest Opportunity

The one area I want to improve during the next 90 days is:

My 90-Day Health Prescription

During the next 90 days, I am committed to:

- ☐ Eating more whole plant foods.
- ☐ Moving my body consistently.
- ☐ Prioritizing restorative sleep.
- ☐ Managing stress more effectively.
- ☐ Improving my digestive health.
- ☐ Reducing environmental exposures.
- ☐ Improving my metabolic health.
- ☐ Drinking more water.
- ☐ Building healthier daily routines.
- ☐ Other:

My Commitment

The single most important investment I will make in my health over the next 90 days is:

My Next Reverse It™ Health Assessment™

Date: _____

Complete your next assessment in approximately 90 days and compare your scores.

Celebrate every improvement—no matter how small.

Progress is built one healthy choice at a time.

Dr. Helen's Closing Prescription

"Health isn't something you find—it is something you build. Every healthy meal, every walk, every good night's sleep, every decision to care for your body is an investment in your future. Stay consistent, trust the process, and celebrate your progress along the way."

Remember

Health is the New Currency—Spend It Wisely.™

Learn. Reflect. Apply. Transform.