

REVERSE IT™

HEALTH ASSESSMENT

Official Assessment Framework

REVERSE IT™ HEALTH ASSESSMENT™

Official Assessment Framework

Purpose

The Reverse It™ Health Assessment™ is the official entry assessment for every Reverse It™ program and VIP Mastery pathway.

It establishes a health baseline, identifies opportunities for improvement, and provides a standardized way to measure progress over time.

This assessment is educational and is not intended to diagnose or treat disease.

Standard Scoring

Every question uses the same response scale.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

This scoring remains consistent throughout the entire assessment.

Assessment Categories

CURRENT HEALTH

How am I feeling today?

Measures:

- Energy
- Sleep quality
- Mental clarity
- Physical comfort
- Digestion

Raw Score: 20

Dashboard Score: $\div 2 = 10$

NOURISH

Am I fueling my body for health?

Measures:

- Whole-food eating
- Vegetable intake
- Fiber intake
- Processed food intake
- Intentional food choices

Raw Score: 20

Dashboard Score: $\div 2 = 10$

MOVE

Am I giving my body the movement it needs?

Measures:

- Physical activity
- Strength training
- Flexibility
- Daily movement
- Sedentary time

Raw Score: 20

Dashboard Score: $\div 2 = 10$

RESTORE

Am I getting the restorative sleep my body needs?

Measures:

- Sleep duration
- Sleep quality
- Consistency
- Morning energy
- Evening routine

Raw Score: 20

Dashboard Score: $\div 2 = 10$

RECOVER

How well do I recover from stress?

Measures:

- Stress management
- Emotional resilience
- Rest
- Relationships
- Recovery habits

Raw Score: 20

Dashboard Score: $\div 2 = 10$

DIGEST

How well is my digestive system functioning?

Measures:

- Digestion
- Bowel habits
- Bloating
- Food tolerance
- Digestive comfort

Raw Score: 20

Dashboard Score: $\div 2 = 10$

PROTECT

Is my environment supporting my health?

Measures:

- Indoor air quality
- Chemical exposure
- Mold awareness
- Occupational exposure
- Environmental habits

Raw Score: 20

Dashboard Score: $\div 2 = 10$

BALANCE

Is my metabolism functioning well?

Measures:

- Energy stability
- Blood sugar patterns
- Waist health
- Cravings
- Metabolic awareness

Raw Score: 20

Dashboard Score: $\div 2 = 10$

BELIEVE

Am I mentally prepared to improve my health?

Measures:

- Growth mindset
- Readiness for change
- Personal responsibility
- Confidence
- Purpose

Raw Score: 20

Dashboard Score: $\div 4 = 5$

LIVE

Are my daily habits supporting lifelong health?

Measures:

- Hydration
- Planning
- Meal preparation
- Consistency
- Follow-through

Raw Score: 20

Dashboard Score: $\div 4 = 5$

Total Reverse It™ Health Score™

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

Total Score

____ /100

Assessment Flow

1. Complete the Reverse It™ Health Assessment™
2. Calculate your section scores.
3. Transfer your scores to My Reverse It™ Health Dashboard.
4. Begin your VIP Mastery pathway.
5. Repeat the assessment every 90 days to measure your progress.

Our Philosophy

This assessment is not about perfection.

It is about awareness.

Awareness leads to understanding.

Understanding leads to action.

Action leads to transformation.

One healthy choice at a time.

Health is the New Currency—Spend It Wisely.™

REVERSE IT™ HEALTH ASSESSMENT™

NOURISH

Am I Fueling My Body for Better Health?

Maximum Raw Score: 20 Points

Think about your eating habits during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I build most of my meals around whole, minimally processed foods.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I eat vegetables every day and include them with most meals.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I choose foods that are high in fiber, such as vegetables, fruits, beans, lentils, and whole grains.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

I limit foods and beverages high in added sugar and highly processed ingredients.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I intentionally make food choices that support my long-term health, even when healthier choices require more planning.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Nourish Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 2 = _____ /10

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

MOVE

Am I Giving My Body the Movement It Needs?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I intentionally move my body most days of the week.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I participate in activities that improve my strength or maintain my muscle mass.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I avoid sitting for long periods without getting up to move.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

I include activities that improve my flexibility, balance, or mobility.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I view movement as an important investment in my health rather than simply another task on my schedule.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Move Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 2 = _____ /10

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

RESTORE

Am I Giving My Body the Rest It Needs to Heal?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I usually get enough sleep to feel rested and function well.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I maintain a fairly consistent bedtime and wake time.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I have habits that help me prepare for a good night's sleep (such as limiting screens, caffeine late in the day, or maintaining a relaxing bedtime routine).

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

I wake feeling reasonably refreshed and ready to begin my day.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I make sleep a priority because I understand its importance to my overall health.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Restore Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 2 = _____ /10

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

RECOVER

How Well Do I Recover from Stress?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I have healthy ways to cope with stress.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I intentionally make time for rest, recovery, and renewal.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I seek support from family, friends, or trusted individuals when I need it.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

I spend time doing activities that bring me purpose, joy, and fulfillment.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

When challenges arise, I generally recover and move forward without remaining overwhelmed for long periods.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Recover Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 2 = _____ /10

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

DIGEST

Is My Digestive System Supporting My Health?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I digest my meals comfortably without frequent bloating, gas, or abdominal discomfort.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I have regular bowel movements that are comfortable and easy to pass.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I can eat a variety of healthy foods without significant digestive symptoms.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

My digestion allows me to enjoy daily activities without frequent interruption.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I believe my digestive system is generally healthy.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Digest Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 2 = _____ /10

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

PROTECT

Is My Environment Supporting My Health?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I believe my home environment supports my health.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I take reasonable steps to reduce unnecessary exposure to smoke, chemicals, and other environmental pollutants.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I spend time in environments with fresh air and natural light whenever possible.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

If I suspect an environmental concern (such as water damage or mold), I take appropriate steps to investigate or address it.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I understand that my environment can influence my health and I make informed choices whenever possible.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Protect Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 2 = _____ /10

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

BALANCE

Is My Metabolic Health Moving in the Right Direction?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

My energy remains fairly steady throughout the day.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I rarely experience intense cravings for sugary foods or drinks.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I generally feel satisfied after meals without frequent overeating.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

I believe my current lifestyle is helping me maintain a healthy weight and waist circumference.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I understand that healthy lifestyle habits play an important role in preventing and improving metabolic disease.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Balance Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 2 = _____ /10

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

BELIEVE

Am I Ready to Take Ownership of My Health?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I believe my daily choices have a significant impact on my health.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I take personal responsibility for improving my health rather than waiting for someone else to solve my health challenges.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I believe it is never too late to improve my health.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

When I experience setbacks, I am willing to learn, adjust, and continue moving forward.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I am committed to making consistent lifestyle changes that support lifelong health.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Believe Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 4 = _____ /5

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

REVERSE IT™ HEALTH ASSESSMENT™

LIVE

Am I Building Daily Habits That Support Lifelong Health?

Maximum Raw Score: 20 Points

Think about your physical activity during the **past 30 days**.

For each statement, circle the response that best describes you.

RESPONSE	POINTS
Almost Always	4
Often	3
Sometimes	2
Rarely	1
Never	0

1.

I drink enough water to stay well hydrated most days.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2.

I plan ahead so healthy choices are easier to make.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3.

I regularly prepare or choose meals that support my health goals.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

4.

I consistently follow through with the healthy habits that are most important to me.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

5.

I am creating a lifestyle that I believe I can maintain for years to come.

- ☐ Almost Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My Live Score

QUESTION	SCORE
1	_____
2	_____
3	_____
4	_____
5	_____

Raw Score

_____ /20

Dashboard Score

Raw Score ÷ 4 = _____ /5

Transfer your Dashboard Score to **My Reverse It™ Health Dashboard**.

MY REVERSE IT™ HEALTH SCORE™

Your Personal Health Snapshot

Congratulations on completing the Reverse It™ Health Assessment™.

Now it's time to calculate your Reverse It™ Health Score™.

Remember:

This score is not a grade.

It is not a diagnosis.

It is your starting point.

As your health improves, your score should improve as well.

Step 1

Enter Your Dashboard Scores

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

Step 2

Calculate Your Total Score

My Reverse It™ Health Score™

_____ /100

Date Completed:

Step 3

Review Your Results

My Three Strongest Areas

- 1.
- 2.
- 3.

My Three Greatest Opportunities

- 1.
- 2.
- 3.

Step 4

Celebrate Your Starting Point

Every healthy journey begins with knowing where you are today. Whether your score is 32 or 92, your assessment has already accomplished something important—it has increased your awareness.

Awareness is the foundation for lasting change.

My Commitment

The one area I am most committed to improving over the next 90 days is:

Remember

Do not compare your score with anyone else's.

Compare it only with your next assessment.

The goal is progress.

Every healthy choice is another investment in your future.

Health is the New Currency—Spend It Wisely.™

UNDERSTANDING YOUR REVERSE IT™ HEALTH SCORE™

Your Score Is a Starting Point—Not a Destination

Your Reverse It™ Health Score™ reflects your current health habits, symptoms, and readiness for change based on your responses today.

It is not a diagnosis.

It is not a measure of your worth.

It is simply a snapshot of where you are today so you can measure where you are going tomorrow.

The goal is not perfection.

The goal is progress.

What Does My Score Mean?

90–100

Flourishing

You have established many healthy habits that support long-term wellness. Continue strengthening your foundation while identifying small opportunities to improve. Remember, maintaining good health requires ongoing attention and consistency.

75–89

Advancing

You are moving in the right direction. Many of your habits support good health, but there are still areas that could be optimized. Focus on your lowest-scoring categories to continue building momentum.

60–74

Building Momentum

You have begun creating healthier habits, but several areas may still be contributing to inflammation or limiting your progress.

Concentrate on one or two priorities rather than trying to change everything at once.

40–59

Growing Stronger

Your assessment suggests there are multiple opportunities to improve your health. The encouraging news is that meaningful improvements often begin with a few consistent daily choices. Small steps, practiced faithfully, can lead to significant change.

0–39

Beginning the Journey

Every journey starts with a first step. If your score falls in this range, don't be discouraged. You now have something many people never have—a clear understanding of where to begin. Focus on building one healthy habit at a time, and let each success become the foundation for the next.

Your Prescription for Progress

As your physician and coach, my recommendation is simple:
Do not try to improve all ten areas at once.

Choose one or two areas where you can make steady, realistic progress over the next 90 days.

My Strongest Health Habit

My Greatest Opportunity for Growth

My First Health Prescription

The one healthy habit I will begin this week is:

My 90-Day Goal

By my next assessment, I would like to improve:

My Accountability Plan

Who will encourage me and help me stay on track?

My Next Assessment Date

____ / ____ / _____

Schedule your next Reverse It™ Health Assessment™ approximately 90 days from today.



Dr. Helen's Prescription

"Health is built one decision at a time. You don't have to become a different person overnight. Simply become a little healthier today than you were yesterday. Consistency—not perfection—is what changes lives."

Next Step

Turn to the next page and complete My Reverse It™ Health Dashboard.

This dashboard becomes your personal health record throughout VIP Mastery. It allows you to monitor your progress, celebrate your victories, and identify areas where you can continue growing.

Health is the New Currency—Spend It Wisely.™