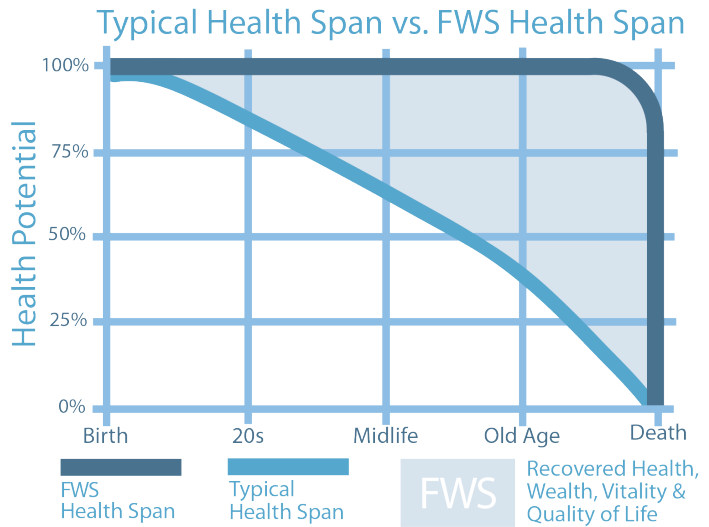
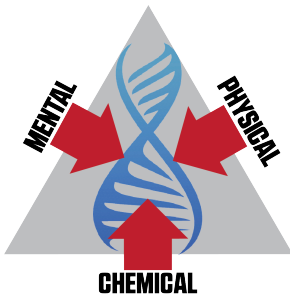


The objective of Functional Wellness Systems is to provide you with the tools and guidance you need to move towards feeling your best (vitality), looking your best (aesthetics) and enjoying a health span, the number of healthy years you live, equal to your lifespan (longevity). Reaching your optimal potential in any or all of these three categories first requires an awareness of the factors that can increase or decrease that potential and then:



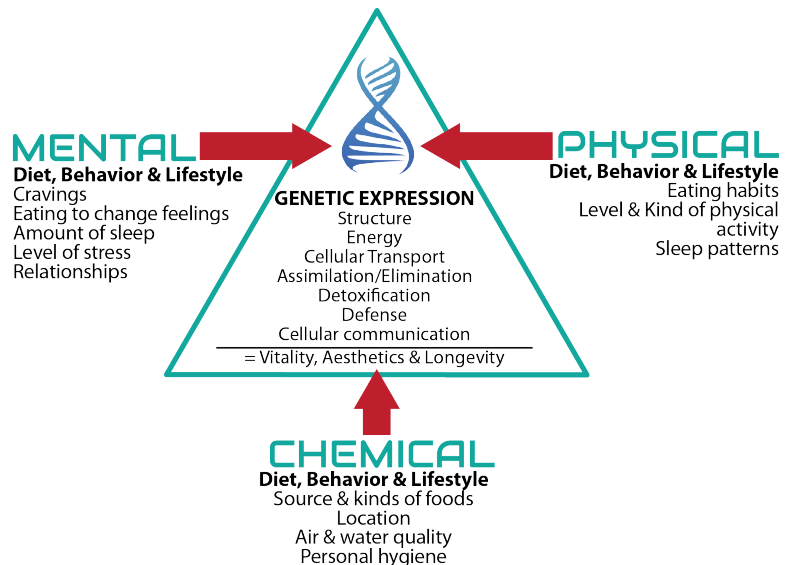
- Add in those factors that increase your vitality, aesthetics and longevity and
- Subtract those factors that decrease your vitality, aesthetics and longevity



So where do you begin with this process? The Triangle of Health shows us that there are 3 main factors that influence how our genes express themselves; the physical, chemical and mental. For this reason it makes sense to first put our focus here.

The first question we want to answer is how can you influence and control these physical, chemical and mental factors so that you can experience an optimal expression of your genetic potential?

The answer is that you are already influencing and controlling them every minute of every day. You determine to a large extent your physical, chemical and mental state by the foods you eat (diet), the way you behave (lifestyle) and the environment in which you live.



All three of these factors; diet, lifestyle and environment play significant roles in how your genes are expressed and in how your



health is shaped over time. The decisions you make today concerning changes to these three parts of your life can be significant. However, simply being aware of these factors is not enough. To change your physical, chemical and mental state you must take action to optimize your diet, lifestyle and environment.

The good news is you ARE in control. However, it is ultimately up to you to determine where and how far you want to go with this process.

Ask yourself these questions:

- How good do I want to feel? Do I just want a little more energy? Or do I want to wake up feeling energized and alive and feel vibrant all day?
- How good do I want to look? Obviously physical attractiveness is largely subjective but would smoother, tighter skin and fuller hair change how you feel? How about losing that last 10 pounds? Or, if you have more to lose, is it your desire to lose it once and for all?
- How do I want to age? Are you willing to accept disease, memory loss and suffering as an inevitable consequence of aging or do you want to be strong and independent for your entire life span?

So at this point you need to determine two things:

1. Where do you want to be 1 month, 1 year, and 10 years from now?
2. What are you willing to change to realize your goals?

The following check sheet is a list of goals that you may or may not want to achieve. Go through the list and check only those boxes for the goals that:

- You would like to achieve AND
- **Are willing to take action to change**

Suffice it to say; most people would like to have almost everything on the list. Only check those boxes for those things that you DESIRE OR WANT TO CHANGE.

## Health Goals Checklist

Check the box (☑) alongside the listed activities below—we can discuss the things you are willing to change and support you in reaching the objectives that are important to you.

There is no right or wrong approach, no right or wrong answers, only what you wish to see **happen in your life.**

### Vitality

- More energy
- Better sleep
- Improved libido
- Increased strength & endurance
- Increased muscle size
- Increased flexibility
- Better digestion
- Clearer mind
- Focus & concentration
- Improved memory
- Feeling relaxed
- Reduced Stress
- Peace of mind
- Waking up refreshed
- Pain freedom
- Optimism
- Hopeful future
- Stronger teeth
- Balance

### Aesthetic

- More youthful look
- Tighter skin
- Clearer skin
- Less wrinkles
- Fewer blemishes
- Decreased cellulite
- Increased facial volume
- Youthful Skin glow
- Improved facial symmetry
- Brighter eyes
- Lustrous hair
- Increased hair volume
- Stop hair loss
- Stronger nails
- Less belly fat
- Decreased facial puffiness
- Eliminate sun spots
- Whiter, straighter teeth
- Youthful body tone

### Longevity

- Health span = Freedom from chronic illness
- No joint pain
- Living independently with confidence
- Improved immune function
- Freedom from colds and infections
- Balanced hormones
- Healthy stress response
- Healthy immune function
- Flexibility
- Clean, deliberate & effortless eating habits

**Additional Goals & Comments:**