

# MY ELITE HEALTH CHALLENGE BASELINE

Welcome to the Elite Health Challenge! Take some time to record your baseline stats so you can clearly see your progress as you advance through the Challenge. Also, take a photo of yourself so you can have a baseline visual too. You may be very pleasantly surprised!

DATE: \_\_\_\_\_

WEIGHT: \_\_\_\_\_

BLOOD PRESSURE: \_\_\_\_\_

If you have some health challenges, list all the ailments you struggle with—anything that “hurts” or annoys you. Write everything down that comes to mind. This helps you stay honest with your results.

_____	_____
_____	_____
_____	_____
_____	_____

If you are a sports enthusiast, record your run times, walking times, circuit training times and weights. Use the blanks provided to record your specific stats.

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

And last, before you begin, answer the questions below. It is exciting (and often remarkable) to compare the answers you give today with the answers you will provide in the upcoming weeks!

1. Overall, how are you feeling? \_\_\_\_\_
2. How much energy do you have throughout the day? \_\_\_\_\_
3. How well do you sleep? \_\_\_\_\_
4. Would you like to loose any weight? How much? \_\_\_\_\_
5. Do you experience cravings (salt, sugar and/or carbohydrates)? \_\_\_\_\_
6. Is it difficult to make good choices? \_\_\_\_\_
7. Are you “in charge” of your body, or do triggers and habits take over? \_\_\_\_\_
8. How confident are you that you can get the results you desire? \_\_\_\_\_
9. What improvements are you hoping to see in your overall health? \_\_\_\_\_
10. Do you want to become more active? \_\_\_\_\_
11. Do you have any cardiovascular issues? \_\_\_\_\_
12. Do you have any blood sugar issues? \_\_\_\_\_
13. Do your habits largely govern what you eat? \_\_\_\_\_

## YOU CAN DO THIS!

Elite Health Challenge clinical results: improvements over diet & exercise alone (90 days)

