**QUADRANT:** JOINTS, BONES & TEETH (FORMERLY HARD TISSUE)

**HEALTH ITEM:** Flexibility & Movement

**BODY COPY VERSION 1**

Rate your priority level for improving flexibility and movement.

Consider This: aging, over stretching, inflammation, auto immune issues, and even over exercising can impact our range of motion and flexibility.

Very low priority

Low priority

Moderate priority  
High priority

Very high priority

**BODY COPY VERSION 2**

How important is improving your flexibility and movement?

Consider This: aging, over stretching, inflammation, auto immune issues, and even exercising can impact our range of motion and flexibility.

Not really important

Somewhat important

Moderately important  
Important

Extremely important

**BODY COPY VERSION 3**

How often do flexibility and movement effect your life?

Consider This: aging, over stretching, inflammation, auto immune issues, and even exercising can impact our range of motion and flexibility.

Never

Rarely

On occasion  
Fairly regularly

Almost always

**QUADRANT:** METABOLISM & ENERGY

**HEALTH ITEM:** Cravings for Sweets

**BODY COPY VERSION 1**

Rate your priority level for curbing cravings for sweets.

Consider This: exercise and a healthy diet including fiber and pre and probiotic support can boost

Serotonin, which improves your mood and helps fight cravings.

Very low priority

Low priority

Moderate priority  
High priority

Very high priority

**BODY COPY VERSION 2**

How important is curbing your cravings for sweets?

Consider This: exercise and a healthy diet including fiber and pre and probiotic support can boost

Serotonin, which improves your mood and helps fight cravings.

Not really important

Somewhat important

Moderately important  
Important

Extremely important

**BODY COPY VERSION 3**

How often does a craving for sweets effect your life?

Consider This: exercise and a healthy diet including fiber and pre and probiotic support can boost

Serotonin, which improves your mood and helps fight cravings.

Never

Rarely

On occasion  
Fairly regularly

Almost always

**QUADRANT:** VITAL ORGANS (FORMERLY SOFT TISSUE)

**HEALTH ITEM:** Vision health

**BODY COPY VERSION 1**

Rate your priority level for improving vision health.

Consider This: good eye health starts with nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E. Green leafy vegetables, oily fish, eggs, nuts, and citrus fruits are also recommended.

Very low priority

Low priority

Moderate priority  
High priority

Very high priority

**BODY COPY VERSION 2**

How important is improving your vision health?

Consider This: good eye health starts with nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E. Green leafy vegetables, oily fish, eggs, nuts, and citrus fruits are also recommended.

Not really important

Somewhat important

Moderately important  
Important

Extremely important

**BODY COPY VERSION 3**

How often does vision health effect your life?

Consider this: good eye health starts with nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E. Green leafy vegetables, oily fish, eggs, nuts, and citrus fruits are also recommended.

Never

Rarely

On occasion  
Fairly regularly

Almost always

**QUADRANT:** DIGESTION & IMMUNITY

**HEALTH ITEM:** Stress & pollution impacts on the body

**BODY COPY VERSION 1**

Rate your priority level for alleviating the impact of stress and pollution.

Consider This: antioxidants can help protect and defend at the cellular level, while supporting a good digestive system - where 95% of our serotonin resides can be crucial to good health.

Very low priority

Low priority

Moderate priority  
High priority

Very high priority

**BODY COPY VERSION 2**

How important is alleviating the impact of stress and pollution?

Consider This: pollution and stress can take a toll on your body - including brain and memory, digestion, upset stomach, sleep and more. Antioxidants can help protect and defend at the cellular level, while supporting a good digestive system - where 95% of our seratonin resides can be crucial to good health.

Not really important

Somewhat important

Moderately important  
Important

Extremely important

**BODY COPY VERSION 3**

How often do stress and pollution impact your life?

Consider This: pollution and stress can take a toll on your body - including brain and memory, digestion, upset stomach, sleep and more. Antioxidants can help protect and defend at the cellular level, while supporting a good digestive system - where 95% of our seratonin resides can be crucial to good health.

Never

Rarely

On occasion  
Fairly regularly

Almost always