



HealthyBodyHealthyLife
with *Melissa Koerner*

Module I - Part 6 Action Step Plan

Completing Your 4 Key Health Assessments



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HealthyBodyHealthyLife.com

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The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



Complete Your 4 Key Health Assessments

Check off your assessments as you complete them:

- ☐ Inflammation Susceptibility Questionnaire
- ☐ Metabolic Nutrition Assessment
- ☐ Colon Transit & Retention Test
- ☐ Baseline Body Measurements

Use the space below to write down what you learned about yourself from these assessments and be ready to share your observations on our next live coaching call.

Post any questions you have about these assessments in the HBHL Support Community.

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