



GLOBAL HEALTH RENEGADE

*Real Health Care. Real Solutions.*



# Is Your Approach to Health Still Working?

A simple self-assessment to  
understand what your body  
needs now

---

[GLOBALHEALTHRENEGADE.COM](https://www.globalhealthrenegade.com)

# Introduction

Most approaches to health work - until they don't. This assessment helps you identify whether your current habits and routines are still aligned.

**Instructions:**

Rate each statement from 1–5  
(1 = Not at all true, 5 = Very true)

ENERGY & RECOVERY	BODY FEEDBACK
I feel consistently energized throughout the day _____	I feel in tune with my body and mind _____
I recover quickly from strain _____	My body responds predictably _____
My sleep is uninterrupted _____	Health issues don't linger _____
CONSISTENCY Vs RESULTS	ADAPTABILITY
My routine still delivers results _____	I can adjust over time _____
It feels effective, not forced _____	I don't repeat old routines _____
I struggle with consistency _____	I'm open to change _____

**TOTAL SCORE:** \_\_\_\_\_

# Results

02

Your results offer a simple snapshot of how well your current approach aligns with what your body needs now. This isn't about right or wrong - it's about whether what you're doing still works for you.

## Your Score: 45-60

### Aligned and Responsive

Your current approach is working with your body, not against it.

You're likely adjusting when needed, rather than relying on fixed routines.

This doesn't mean you've "figured it all out" - it means you're paying attention.

Keep refining, not repeating.

## Your Score: 30-44

### Partially Aligned

Some things are working - but others may be quietly slipping.

You might still be relying on what used to work, even as your body changes and responds differently. This is where small adjustments can make a noticeable difference. Don't wait for things to break down. This is your window to realign.

## Your Score: Below 30

### Out of Sync

Your current approach may no longer match what your body needs now.

This isn't about doing more or trying harder. It's about recognizing that something has shifted, and taking action to rectify it. The good news: once you stop repeating what doesn't work, change becomes much easier.

**Now it's time to adjust and realign. Small, smarter shifts can result in dramatic changes for quality longevity, energy and vitality. Explore more practical tips and info at [GlobalHealthRenegade.com](https://GlobalHealthRenegade.com)**

This guide is for informational purposes only and is not intended as medical advice. It does not replace consultation with a qualified healthcare professional. Always seek guidance from your doctor or other qualified practitioner before making changes to your diet, nutrition, or health routine - especially if you have an existing medical condition or are taking medication.