



GLOBAL HEALTH RENEGADE

Real Health Care. Real Solutions.



The Health Reset Checklist

Stop guessing.
Start adjusting.

GLOBALHEALTHRENEGADE.COM

The Health Reset Checklist

If something feels off, it's not random - and it's not something to ignore. This checklist helps you cut through outdated advice, and identify what could be working against you.

What's No Longer Working

- My energy isn't as consistent as it used to be
- My usual routine feels less effective
- I'm doing the "right things" but not seeing results
- I rely on sugar or quick fixes to get through the day
- I feel more drained than I should

What Might Be Out of Alignment

- Sleep quality (not just how many hours)
- Recovery time after physical or mental effort
- Stress levels and how I respond to them
- Nutrition consistency (not just "healthy" choices)
- Eating patterns and timing
- Over-reliance on the same routine

What to Reassess

- Am I repeating what used to work, even if it no longer does?
- Am I ignoring subtle signals from my body?
- Am I doing more instead of doing differently?
- Am I expecting results without adjusting my approach?
- Am I prioritizing convenience over what actually works?

Small Shifts That Matter

- Adjust instead of intensify
- Focus on how your body responds - not just what you're doing
- Prioritize consistency over perfection
- Simplify your approach
- Support your energy instead of chasing it
- Give changes enough time to work

Stop repeating what doesn't work - start making smarter shifts today.

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.

Results

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

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