Where you are *right now*

A page for the two of you, before anyone else is involved.

Nothing to score. Tick the ones you can honestly say you know and leave the rest blank. The blanks are the useful part, because feeling healthy and knowing what is happening inside your body are not the same thing.

WHAT WE EAT

- ☐ We know what we each actually eat and drink in a normal week, not a good week.
- ☐ We know which supplements we take and why we started them.

HOW WE SLEEP AND MOVE

- ☐ We know how much we each sleep, and whether it is good sleep.
- ☐ We know whether we are each training too much or too little for where we are right now.
- ☐ We know what our stress actually looks like, not what we say when somebody asks.

WHAT IS AROUND US

- ☐ We know what is in the products we put on our skin every day.
- ☐ We know what our food and drink is stored in, and what it is heated in.
- ☐ We know what either of us is around all day at work.

WHAT IS INSIDE

- ☐ We each know our own medical history properly, not vaguely.
- ☐ We know what is in both of our families' health histories.
- ☐ We know when we each last had blood work done, and what it said.
- ☐ We know what neither of us has ever had checked.

THE TWO OF US

- ☐ We have each said out loud what we want, and what we are worried about.
- ☐ We have talked about what we would do if this takes longer than we expect.

> *A blank box is not something you got wrong. It is something nobody has looked at yet. Taken together, the blanks are your starting point.*

WHAT TO DO WITH THE BLANKS

You do not have to fix them, you just have to stop guessing about them. Some you can answer yourselves this week. Some need someone to actually measure.

Sowera shares educational information, not medical advice. This page is for your own thinking. Anything it raises is worth discussing with a qualified clinician who knows your history. Reviewed September 2026.