

YAY I DID IT!

# *My Week in Review*

HABITS I DID WELL:

HABITS I WANT TO BE BETTER AT:

MY AH-HA MOMENTS THIS WEEK:

TOP THREE HABITS I WILL WORK ON NEXT WEEK:

**#HealthyHabitsBingoChallenge**

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# Where are You on Your Health & Wellness Journey?



- I'm concerned about getting sick or developing a disease.
- My doctor or family member wants me to make lifestyle changes.
- I have a health issue or diagnosis, but don't know what to do next.

**1** If this is you, check out our [360 Wellness Assessment service.](#)



- I need expert guidance; I need help overcoming my health issue.
- I want accountability & support to meet my goals.
- I'm ready to make significant changes to my health.

**2** If this is you, check out our [Private Coaching program.](#)



- My body needs a tune-up.
- I need to be eating better.
- I want more energy & vitality.
- I want to lose weight.

**4** If this is you, check out our [SHIFT for Life 30-day Reset program.](#)



- I don't know my current health numbers or lab markers.
- I don't know the steps I need to take to keep my health on track.
- My doctor/insurance won't run the blood tests that I need.

**3** If this is you, check out our [Health Snapshot Labs & Analysis service.](#)



- I enjoy learning what I can do to be Happy & Healthy.
- I want to have regular access to nutrition & wellness experts.
- I want to be part of a like-minded community.

**5** If this is you, check out our [Health Shifters Membership program.](#)



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## 360 WELLNESS ASSESSMENT



- Has your doctor told you to modify your diet and exercise?
- Do you have high blood pressure, high blood sugar/A1C, or high cholesterol?
- Have you received a diagnosis, but don't know what to do next?

Then our comprehensive **360 Wellness Assessment** may be a good fit for you.

**Best For:** Concerned about developing a disease; Doctor wants you to make lifestyle changes; Have health issue or diagnosis, such as autoimmunity; gut, liver, heart, fertility, ED; cancer.



## PRIVATE COACHING



- Do you feel like you've tried everything, but nothing seems to work?
- Do you need an expert to guide you and hold you accountable to your goals?
- Are you tired of "dieting" and not seeing results?

Then our **Private Coaching** services may be a good fit for you.

**Best For:** Need expert guidance; Want accountability & support to meet your goals; Need to overcome a diagnosis, disease, health challenge. Ready to make significant health changes.



## HEALTH SNAPSHOT LABS & ANALYSIS



- Do you know your current health numbers and lab markers?
- Do you need guidance for how to meet your health goals?
- Are you tired of not seeing results?

Then our **Health Snapshot Labs & Analysis** service may be a good fit for you.

**Best For:** Everyone. We recommend everyone gets their Health Snapshot at least once a year.



## SHIFT FOR LIFE 30-DAY RESET



- Do you need a tune-up?
- Do you want to learn how to eat healthier & get better habits in place?
- Want to clean up your diet for 30 days?

Then our **SHIFT for Life 30-Day Healthy Eating Reset Program** may be for you.

**Best For:** Want to get your health & vitality back; Drop those pesky pounds; Stop "dieting" and learn healthy habits for life; Detoxify & cleanse your body.



## HEALTH SHIFTERS MEMBERSHIP



- Get access to the most current health & wellness education, coaching & resources, like monthly Wellness Coaching, Holistic Living Courses, Done-for-You Meal Planning, Anti-Inflammatory Recipes, Meditations, and more.

Join our community of Health Shifters at [JoinHealthShifters.com](#).

**Best For:** Anyone that wants to be a healthier, happier person and be part of a community with access to nutrition & wellness coaching, online courses, How-To resources, and more.



## READY TO GET STARTED?

Learn more about these programs at [Programs.OneDegreeHealth.com](#) or "take a picture" of the QR codes using your Smartphone to be directed to the webpage.

**Let's Chat.** Schedule a 30-min Wellness Strategy Session with our board-certified wellness coaches to discuss your health and nutrition goals at [OneDegreeHealth.com/Schedule](#)

