Risk Factors

In this exercise, **The Wellness Revolution** encourage you to compile a comprehensive list of all the risk factors you have uncovered so far. This exercise provides you with a unique vantage point – an opportunity to see briefly, the tapestry of factors that may be influencing your health and lifestyle.

Do not shy away from recognizing patterns that might emerge as you compile your list. This is not about dwelling on concerns but about embarking on a journey of understanding and growth. Your list paints a picture of your current landscape – one that will evolve as you journey onward. Your identified risk factors serve as the compass guiding this journey. They offer a baseline – a starting point against which you will measure improvement and objectively track progress.

|  |  |  |
| --- | --- | --- |
| Test | Risk Factor Identified | 🡨 Risk Rating 🡪 |
| Genetic Test |  | 1 | 2 | 3 | 4 | 5 |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| Health & Lifestyle Assessment |  |  |  |  |  |  |
| 1. |  |  |  |  |  |
| 2.  |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| Blood Test |  |  |  |  |  |  |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| Urine Sample |  |  |  |  |  |  |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |