

# BODYGUARD YOUR IMMUNE SYSTEM SCORECARD

Making healthy choices throughout your day can have a direct impact on your immune system. Use this scorecard to help identify how to support your overall immune health. Will you lead your team with the highest score?

| ACTION ITEM      |                 | GOAL                                                                                                                                 | RESPONSE<br>YES = 2    SOMETIMES = 1    NO = 0 |                                    |                             |
|------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|------------------------------------|-----------------------------|
| HEALTHY ROUTINES | Sleep           | Get 7-9 hours of sleep per night                                                                                                     | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
|                  | Alcohol         | Avoid the consumption of alcohol                                                                                                     | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
|                  | Nutrition       | Consume well-balanced plates containing grains, lean protein, vegetables and fruit                                                   | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
| HEALTHY PLATE    | Diets           | Avoid fad diets such as Keto, Paleo, low-carb meal plans or fasting                                                                  | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
|                  | Whole Grains    | Ensure whole grains such as whole wheat bread, oatmeal or brown rice make up 50% of your grain intake                                | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
|                  | Probiotics      | Have at least one serving of natural probiotics such as yogurt, kefir, tempeh or miso per day                                        | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
|                  | Prebiotics      | Consume 3-5 servings of high-fiber options such as vegetables, fruits or cow's milk per day                                          | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
|                  | Cold Water Fish | Eat 2-3 meals containing fish such as salmon, cod or albacore tuna per week                                                          | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |
| SUPPLEMENTATION  | Vitamin D       | Include a vitamin D supplement in conjunction with any other supplement recommendations from your physician, ATC or sports dietitian | <input type="checkbox"/> YES                   | <input type="checkbox"/> SOMETIMES | <input type="checkbox"/> NO |

NOTE: If you don't have blood work that annotates specific supplement needs, a 1500-2000 IU vitamin D supplement is a safe option.

| SCORING            | YES = 2    SOMETIMES = 1    NO = 0                                       | FINAL SCORE |
|--------------------|--------------------------------------------------------------------------|-------------|
| <b>SCORE 12-16</b> | Your bodyguard is ready to go—keep making your immune health a priority. |             |
| <b>SCORE 7-11</b>  | You might be vulnerable—work harder to improve your defenses.            |             |
| <b>SCORE 0-6</b>   | You have some work to do—choose an area to work on and set a plan.       |             |