

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		
			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
SCORE 12-16	Your bodyguard is ready to go—keep making your immune health a priority.			
SCORE 7-11	You might be vulnerable—work harder to improve your defenses.			
SCORE 0-6	You have some work to do—choose an area to work on and set a plan.			