

Lifestyle check-in

Diet habits

- Do you eat 5-7 servings of fruits and vegetables everyday?
 - Do you include nuts, seeds, herbs and spices in your diet?
 - Do you often eat out in restaurants?
 - Do you often consume processed food rather than whole food?
 - Do you like sugary drinks and desserts?
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Medication habits

- Do you often take antibiotics when you catch a cold?
 - Do you follow up antibiotic treatment with probiotics?
 - Do you self-diagnose diseases and buy unnecessary drugs yourself?
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Activity habits

- Do you exercise at least 3 times a week?
 - Do you prefer watching movies on the weekend over being outdoors?
 - Do you overwash you hands and food with antibacterial soaps?
 - Are you often anxious, stressed and depressed?
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