

Ultrahealth State:

Hs-CRP < .5 mg/l

BMI 20-24

Body Fat F 17% M 10%

Secondary Choices

1. Reduced daily calories 15%
2. Added 15% increase in EE
3. Brain exercises daily
4. Brain food intake daily

5. _____
6. _____
7. _____
8. _____



Timeline

Hs-CRP _____ mg/l

BMI _____

Body Fat _____

Current Reality