



Instructions: Rate each symptom based on your experience over the past 30–60 days:

☐ 0 Never / Rarely | ☐ 1 Occasionally (1–2x/mo) | ☐ 2 Frequently (1–2x/wk) | ☐ 3 Daily / Almost Always

PILLAR 1 CLEANSE

Gut microbiome, liver detox & estrogen clearance pathways

1. Irregular bowels (<1/day), sluggish transit, or post-meal fullness ☐
2. Abdominal bloating, gas, skin flare-ups, or food sensitivities ☐
3. Chemical/fragrance sensitivity or heavy brain fog after alcohol/rich meals ☐
4. Cyclic breast tenderness, heavy periods, or signs of estrogen dominance ☐

Pillar 1 Subtotal (Max 12):

PILLAR 2 BALANCE

Insulin, cortisol, thyroid & sex hormone equilibrium

5. 2–4 PM energy crash, shakiness, or irritability ("hangry") between meals ☐
6. Stubborn midsection weight resistance despite diet and exercise ☐
7. Mood volatility, heightened anxiety, or worsening PMS/perimenopause ☐
8. Intense sugar/refined carb cravings or reliance on caffeine for focus ☐

Pillar 2 Subtotal (Max 12):

PILLAR 3 RESTORE

Circadian rhythm, deep sleep architecture & autonomic vagal tone

9. 2–4 AM awakenings with racing mind, night sweats, or palpitations ☐
10. Waking up unrefreshed, groggy, or dependent on morning stimulants ☐
11. Feeling "tired but wired" at bedtime, unable to calm nervous system ☐
12. High chronic stress load, emotional depletion, or poor physical recovery ☐

Pillar 3 Subtotal (Max 12):

PILLAR 4 OPTIMIZE

Metabolic flexibility, lean muscle preservation & cellular vitality

13. Loss of muscle tone, slower workout recovery, or lingering joint stiffness ☐
14. Noticeable dip in daily physical stamina, endurance, or overall drive ☐
15. Difficulty sustaining deep mental clarity, memory sharpness, or focus ☐
16. Lacking a structured, biomarker-driven longevity & metabolic plan ☐

Pillar 4 Subtotal (Max 12):

SCORE INTERPRETATION PER PILLAR

- 0 – 3 Pts Balanced:** Pathway is functioning optimally. Maintain healthy habits.
4 – 7 Pts Moderate Shift: Early disruption. Targeted lifestyle support advised.
8 – 12 Pts Priority Focus: Clinical disruption requiring root-cause intervention.

YOUR MYOWN PROGRAM CLINICAL ROADMAP

- **MyOWN Balance (8 Wks):** Top priority in **Cleanse / Balance** (Metabolic & Hormone Reset).
- **MyOWN Wellness (12 Wks):** Priority in **Cleanse + Balance + Restore** (Gut-Brain-Sleep Axis).
- **MyOWN Transformation (6 Mos):** Comprehensive reset across **All 4 Pillars** with biometrics.

Ready to decode your results? Schedule your Root-Cause Discovery Consult at backtoyouim.com