



## Workbook

Please also visit [www.ceemcdermott.com](http://www.ceemcdermott.com) for personalized DNA analysis and coaching.

List each choice that you decided for each chapter:

Sleep

1.

2.

Movement

1.

2.

Nourishment

1.

2.



Cognitive Health

1.

2.

Stress and Mindset

1.

2.

Spiritual Practice

1.

2.

Now list one way you will implement this into your life in the next:

30 days:



60 days:

90 days: